



Gluten-Free Hot Breakfast Cereal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



12

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup amaranth grain
- 1 cup brown basmati rice
- 0.5 cup buckwheat groats
- 0.5 cup cornmeal
- 0.5 cup flax seeds
- 0.5 cup millet
- 0.5 cup quinoa
- 0.5 cup sesame seed

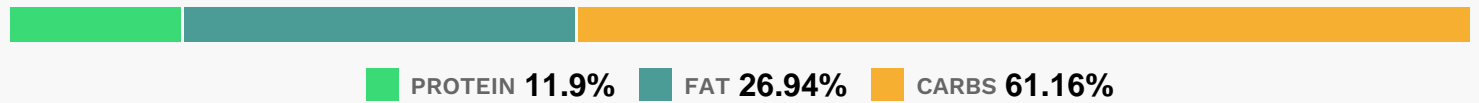
Equipment

bowl

Directions

Grind the basmati rice in a coffee grinder until it resembles a coarse powder. Empty the ground rice into a bowl. Repeat the process with the quinoa, millet, buckwheat, sesame seeds, and flax seeds. Stir in the cornmeal and amaranth. Store in an air tight container in the refrigerator until ready to cook.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:18.31, Inflammation Score:-5, Nutrition Score:12.95695651606%

Flavonoids

Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 8.14g (12.52%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 35.65g (12.96%), Sugar: 0.38g (0.43%), Cholesterol: 0mg (0%), Sodium: 4.99mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Manganese: 1.18mg (58.89%), Copper: 0.61mg (30.75%), Magnesium: 120.08mg (30.02%), Phosphorus: 242.38mg (24.24%), Fiber: 5.92g (23.69%), Vitamin B1: 0.27mg (18.13%), Iron: 2.97mg (16.52%), Vitamin B6: 0.28mg (13.79%), Selenium: 9.57µg (13.67%), Zinc: 1.92mg (12.81%), Folate: 44.47µg (11.12%), Calcium: 101.56mg (10.16%), Vitamin B3: 1.98mg (9.9%), Vitamin B2: 0.13mg (7.84%), Potassium: 254.79mg (7.28%), Vitamin B5: 0.6mg (5.98%), Vitamin E: 0.35mg (2.34%)