



Good-Morning Banana Nut Cereal

 Vegetarian  Gluten Free  Popular

READY IN



20 min.

SERVINGS



1

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 small banana sliced
- 1 teaspoon brown sugar
- 1 pinch ground cinnamon
- 1 tablespoon oat bran
- 1 tablespoon quinoa
- 1.5 tablespoons rolled oats
- 1 pinch salt
- 0.3 cup skim milk

- 0.3 teaspoon vanilla extract
- 1 tablespoon walnuts chopped
- 0.3 cup water

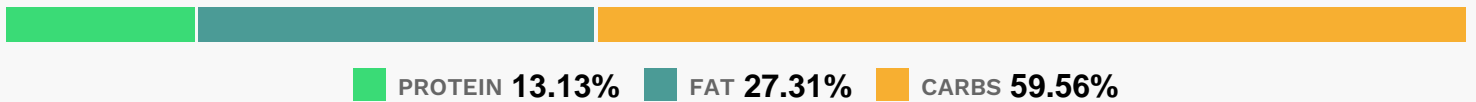
Equipment

- sauce pan

Directions

- Stir the water, milk, and quinoa together in a saucepan; bring to a gentle boil. Reduce heat to low and simmer 5 minutes, or until the quinoa begins to soften. Stir in the banana, rolled oats, oat bran, salt, and cinnamon. Cook, stirring frequently over low heat for 2 to 5 minutes or until the mixture thickens.
- Remove from the heat and stir in the walnuts, brown sugar, and vanilla.

Nutrition Facts



Properties

Glycemic Index:207.53, Glycemic Load:12.89, Inflammation Score:-6, Nutrition Score:16.765652008679%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 274.64kcal (13.73%), Fat: 9.26g (14.25%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 39.15g (14.24%), Sugar: 13.83g (15.37%), Cholesterol: 1.84mg (0.61%), Sodium: 70.63mg (3.07%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 10.02g (20.04%), Manganese: 1.98mg (98.96%), Phosphorus: 324.61mg (32.46%), Magnesium: 114.28mg (28.57%), Fiber: 6.31g (25.24%), Vitamin B1: 0.35mg (23.46%), Copper: 0.39mg (19.72%), Vitamin B6: 0.38mg (19.11%), Selenium: 12.82µg (18.31%), Potassium: 534.37mg (15.27%), Folate: 58.95µg (14.74%), Vitamin B2: 0.23mg (13.33%), Iron: 2.33mg (12.93%), Zinc: 1.92mg (12.79%), Calcium: 120.61mg (12.06%), Vitamin B5: 0.89mg (8.87%), Vitamin B12: 0.36µg (5.92%), Vitamin C: 4.53mg (5.49%), Vitamin B3: 1mg (4.98%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.67mg (4.49%), Vitamin A: 161.93IU (3.24%),

Vitamin K: 1.24µg (1.18%)