



High-fibre muesli



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 300 g oats
- ☐ 100 g all-bran cereal
- ☐ 100 g raisins dark
- ☐ 140 g apricots snipped
- ☐ 50 g golden kiwi
- ☐ 25 g frangelico
- ☐ 25 g frangelico

Equipment

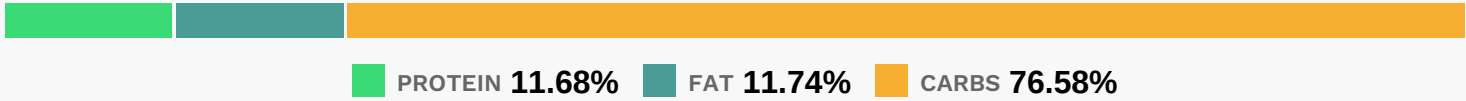
bowl

Directions

Mix everything in a large bowl. You can store this for up to 2 months in an airtight container.

When you're ready to serve, pour lots of chilled milk over and let it soak for a few minutes.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:7.75, Inflammation Score:-5, Nutrition Score:11.196956401286%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 99.34kcal (4.97%), Fat: 1.43g (2.2%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 17.09g (6.21%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 17.11mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Manganese: 1.04mg (52.01%), Vitamin B6: 0.7mg (34.98%), Folate: 79.7µg (19.92%), Vitamin B12: 1.04µg (17.41%), Fiber: 3.93g (15.71%), Vitamin B1: 0.21mg (14.14%), Phosphorus: 139.12mg (13.91%), Magnesium: 46mg (11.5%), Vitamin B2: 0.19mg (11.19%), Iron: 1.87mg (10.37%), Zinc: 1.33mg (8.83%), Selenium: 5.39µg (7.69%), Copper: 0.15mg (7.48%), Vitamin B3: 1.13mg (5.64%), Potassium: 188.48mg (5.39%), Vitamin C: 4.26mg (5.17%), Vitamin A: 249.27IU (4.99%), Calcium: 33.82mg (3.38%), Vitamin B5: 0.27mg (2.72%), Vitamin K: 2µg (1.9%), Vitamin E: 0.24mg (1.61%), Vitamin D: 0.24µg (1.59%)