



## Hot & Creamy Shredded Wheat

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup apple sauce
- 1 banana
- 2 tsp brown sugar
- 0.3 tsp ground cinnamon
- 0.3 cup yogurt plain low-fat
- 0.5 cup milk 1%
- 1 Tbsp raisins
- 1 cup bite-size wheat cereal shredded

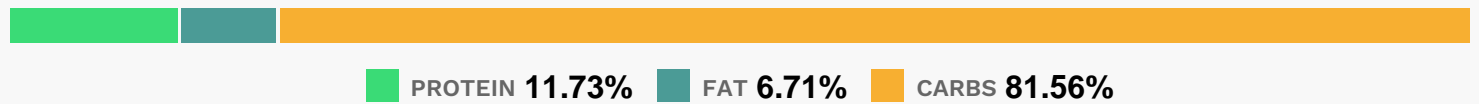
# Equipment

- bowl
- microwave

# Directions

- Place cereal in microwavable cereal bowl.
- Add milk. Microwave on HIGH 20 seconds; stir. Microwave an additional 20 seconds.
- Top with layers of applesauce and yogurt; sprinkle with raisins.
- Combine brown sugar and cinnamon; sprinkle over cereal and toppings.
- Serve with the banana.

# Nutrition Facts



# Properties

Glycemic Index:118.58, Glycemic Load:19.39, Inflammation Score:-7, Nutrition Score:23.038260677586%

# Flavonoids

Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg, Catechin: 7.62mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

# Nutrients (% of daily need)

Calories: 448.68kcal (22.43%), Fat: 3.65g (5.61%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 99.82g (33.27%), Net Carbohydrates: 89.08g (32.39%), Sugar: 36.95g (41.06%), Cholesterol: 9.57mg (3.19%), Sodium: 100.17mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Manganese: 1.68mg (84.1%), Vitamin B6: 1.13mg (56.25%), Fiber: 10.74g (42.98%), Phosphorus: 424.57mg (42.46%), Potassium: 1110.31mg (31.72%), Magnesium: 126.24mg (31.56%), Calcium: 308.63mg (30.86%), Vitamin B2: 0.49mg (28.73%), Vitamin C: 16.95mg (20.54%), Vitamin B1: 0.28mg (18.9%), Vitamin B3: 3.69mg (18.44%), Zinc: 2.7mg (17.99%), Vitamin B12: 1.06µg (17.71%), Copper: 0.34mg (16.92%), Folate: 55.29µg (13.82%), Vitamin B5: 1.37mg (13.69%), Iron: 2.37mg (13.17%), Selenium: 7.37µg (10.52%), Vitamin D: 1.3µg (8.65%), Vitamin A: 357.64IU (7.15%), Vitamin K: 2µg (1.9%), Vitamin E: 0.27mg (1.82%)