



Hot Quinoa Cereal with Maple Syrup Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 Dash ground cloves
- ☐ 2 cups apples i use 2 granny smith apples diced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 3 tablespoons maple syrup pure
- ☐ 0.7 cup quinoa flakes
- ☐ 0.1 teaspoon salt

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 2 cups water

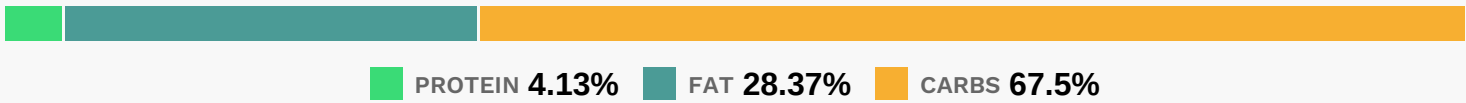
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine apple and 1/4 cup water in a small skillet; bring to a boil. Stir in cinnamon, nutmeg, and cloves; cover, reduce heat, and simmer 4 minutes or just until crisp-tender.
- ☐ Remove from heat; uncover and let stand.
- ☐ Bring 2 cups water to a boil in a large saucepan over high heat; stir in quinoa flakes and salt. Cook 1 1/2 minutes, stirring frequently.
- ☐ Remove from heat; stir in sugar, and let stand 5 minutes or until slightly thickened.
- ☐ While cereal stands, return apple mixture to medium heat; add syrup, butter, and vanilla, stirring just until butter melts.
- ☐ Serve apple mixture over cereal.

Nutrition Facts



Properties

Glycemic Index:65.9, Glycemic Load:10.18, Inflammation Score:-2, Nutrition Score:5.1939131209384%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 216.3kcal (10.81%), Fat: 6.86g (10.56%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 34.01g (12.37%), Sugar: 22.64g (25.15%), Cholesterol: 15.05mg (5.02%), Sodium: 128.19mg (5.57%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 2.25g (4.5%), Vitamin B2: 0.64mg (37.47%), Manganese: 0.57mg (28.27%), Fiber: 2.73g (10.92%), Phosphorus: 99.17mg (9.92%), Iron: 0.87mg (4.84%), Vitamin A: 209.88IU (4.2%), Vitamin C: 2.89mg (3.5%), Potassium: 107.77mg (3.08%), Calcium: 30.19mg (3.02%), Magnesium: 8.78mg (2.19%), Vitamin K: 2.3µg (2.19%), Copper: 0.04mg (2.09%), Vitamin E: 0.3mg (2.02%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.38%), Zinc: 0.16mg (1.09%)