



Mediterranean Muesli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons dates pitted chopped
- ☐ 3 tablespoons apricots dried chopped
- ☐ 3 tablespoons figs dried chopped
- ☐ 0.3 cup honey
- ☐ 1 cup milk 1% low-fat
- ☐ 1 cup yogurt plain low-fat
- ☐ 0.3 cup oat bran
- ☐ 1 cup regular oats

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0.5 cup walnuts coarsely chopped

Equipment

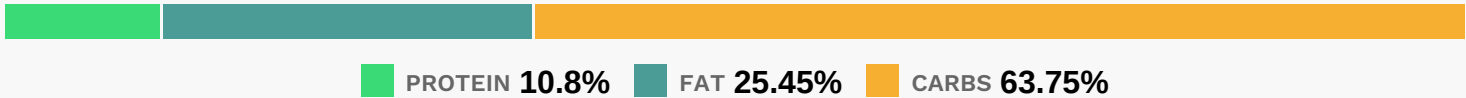
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bowl

Directions

- ☐ Combine first 9 ingredients in a bowl, stirring well. Chill 2 hours.
- ☐ Garnish with fresh berries, if desired.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:21.53, Inflammation Score:-6, Nutrition Score:14.34869562543%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 341.46kcal (17.07%), Fat: 10.48g (16.12%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 59.05g (19.68%), Net Carbohydrates: 53.42g (19.43%), Sugar: 39.59g (43.99%), Cholesterol: 5.3mg (1.77%), Sodium: 57.01mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.01%), Manganese: 1.44mg (71.85%), Phosphorus: 288.91mg (28.89%), Fiber: 5.63g (22.51%), Magnesium: 82.15mg (20.54%), Calcium: 196.64mg (19.66%), Copper: 0.36mg (18.15%), Vitamin B1: 0.25mg (16.45%), Potassium: 568.01mg (16.23%), Selenium: 11.28µg (16.11%), Vitamin B2: 0.26mg (15.01%), Zinc: 1.95mg (12.98%), Iron: 2mg (11.09%), Vitamin B5: 0.95mg (9.51%), Vitamin B12: 0.56µg (9.37%), Vitamin B6: 0.18mg (9.18%), Vitamin A: 441.38IU (8.83%), Folate: 29.96µg (7.49%), Vitamin B3: 0.9mg (4.52%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.52µg (3.46%), Vitamin K: 2.88µg (2.74%), Vitamin C: 0.89mg (1.08%)