



Mega Muesli

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups yogurt plain fat-free
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons ground flaxseed
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 1 nectarines thinly sliced
- ☐ 1.5 cups old-fashioned rolled oats
- ☐ 2 teaspoons orange zest finely grated

- ☐ 2 plums thinly sliced
- ☐ 6 ounce raspberries

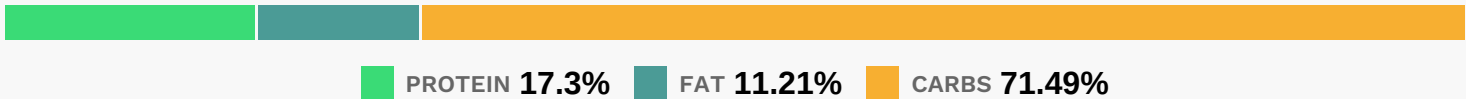
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix first 7 ingredients (through nutmeg). Cover and refrigerate 8 hours or up to 3 days.
- ☐ Spoon mixture into 4 bowls and top with fruit.

Nutrition Facts



Properties

Glycemic Index:89.65, Glycemic Load:18.48, Inflammation Score:-6, Nutrition Score:19.856521772302%

Flavonoids

Cyanidin: 22.08mg, Cyanidin: 22.08mg, Cyanidin: 22.08mg, Cyanidin: 22.08mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 331.73kcal (16.59%), Fat: 4.29g (6.6%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 61.61g (20.54%), Net Carbohydrates: 53.31g (19.38%), Sugar: 34.09g (37.88%), Cholesterol: 3.06mg (1.02%), Sodium: 127.38mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Manganese: 1.56mg (77.97%), Phosphorus: 425.7mg (42.57%), Calcium: 350.05mg (35%), Fiber: 8.3g (33.2%), Vitamin B2: 0.47mg (27.51%), Magnesium:

103.46mg (25.87%), Vitamin C: 18.41mg (22.32%), Selenium: 15.43µg (22.05%), Potassium: 767.14mg (21.92%), Zinc: 3.09mg (20.58%), Vitamin B1: 0.31mg (20.54%), Vitamin B5: 1.63mg (16.31%), Vitamin B12: 0.93µg (15.57%), Copper: 0.31mg (15.48%), Iron: 2.3mg (12.8%), Folate: 44.74µg (11.18%), Vitamin B6: 0.2mg (10.19%), Vitamin B3: 1.55mg (7.77%), Vitamin K: 7.52µg (7.16%), Vitamin E: 0.82mg (5.49%), Vitamin A: 260.79IU (5.22%)