



Muesli

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup corn flakes/bran flakes whole wheat (such as Wheaties)
- 0.3 cup brown sugar
- 0.7 cup dates pitted chopped
- 0.5 cup figs dried chopped
- 0.3 teaspoon ground ginger
- 3 cups milk 2% reduced-fat
- 0.3 cup oat bran
- 1 cup oats

- 1 teaspoon salt
- 0.8 cup slivered almonds
- 2 tablespoons sunflower seeds
- 0.7 cup cranberries dried sweetened
- 0.3 cup coconut flakes unsweetened toasted
- 0.5 cup wheat germ

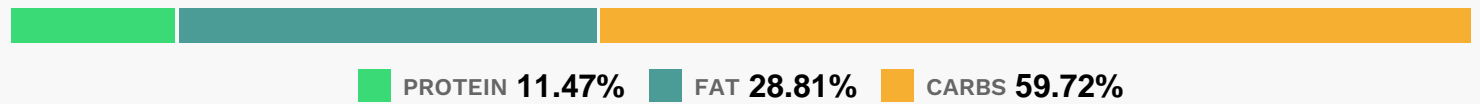
Equipment

- bowl

Directions

- Combine first 13 ingredients in a large bowl.
- Add milk, stirring to combine.
- Cover and refrigerate mixture overnight.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:13.26, Inflammation Score:-7, Nutrition Score:22.31782617258%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 388.68kcal (19.43%), Fat: 13.46g (20.71%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 53.86g (19.59%), Sugar: 37.14g (41.26%), Cholesterol: 8.09mg (2.7%), Sodium: 418.09mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Manganese: 2.53mg (126.35%), Phosphorus: 364.76mg (36.48%), Fiber: 8.93g (35.73%), Magnesium: 127.75mg (31.94%), Vitamin B1: 0.46mg (30.5%), Vitamin E: 4.43mg (29.56%), Vitamin B2: 0.5mg (29.52%), Selenium: 20.56µg (29.37%), Iron: 4.02mg (22.31%), Folate: 87.74µg (21.94%), Copper: 0.43mg (21.42%), Zinc: 3.03mg (20.19%), Calcium: 200.29mg (20.03%), Vitamin B6: 0.37mg (18.34%), Potassium: 612.58mg (17.5%), Vitamin B3: 2.77mg (13.87%), Vitamin B12: 0.82µg (13.7%), Vitamin B5: 1.06mg (10.64%), Vitamin A: 250.05IU (5%), Vitamin K: 3.58µg (3.41%), Vitamin D: 0.19µg (1.26%)