



## Muesli with Cranberries and Flaxseed

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 tablespoons pumpkinseed kernels toasted
- 0.5 cup cranberries dried
- 3 cups yogurt plain fat-free
- 0.5 teaspoon ground cinnamon
- 0.3 cup ground flaxseed
- 3 cups milk 1% low-fat
- 0.3 cup maple syrup
- 2 tablespoons maple syrup

- 2 cups regular oats
- 3 tablespoons pecans toasted chopped
- 3 tablespoons slivered almonds toasted
- 0.5 teaspoon vanilla extract
- 0.3 cup wheat germ

## Equipment

- bowl

## Directions

- Combine first 7 ingredients in a large bowl; pour milk over mixture, stirring to combine. Cover and chill 3 hours or overnight.
- Combine nuts and pumpkinseed kernels in a small bowl. Spoon 3/4 cup oat mixture into each of 6 bowls. Top each serving with 1/2 cup yogurt; sprinkle each serving with 1 1/2 tablespoons nut mixture, and drizzle with 1 teaspoon maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:28.33, Glycemic Load:11.28, Inflammation Score:-7, Nutrition Score:25.845217461171%

## Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 447.4kcal (22.37%), Fat: 13.77g (21.19%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 56.74g (20.63%), Sugar: 35.82g (39.8%), Cholesterol: 8.35mg (2.78%), Sodium: 162.97mg (7.09%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 19.39g (38.79%), Manganese: 2.93mg (146.37%), Phosphorus: 577.77mg (57.78%), Vitamin B2: 0.87mg (51.08%), Calcium: 473.35mg (47.33%), Vitamin B1: 0.58mg (38.47%), Magnesium: 150.12mg (37.53%), Selenium: 22.52µg (32.17%), Fiber: 7.88g (31.51%), Zinc: 4.41mg (29.4%), Vitamin B12: 1.47µg (24.45%), Potassium: 845.35mg (24.15%), Copper: 0.41mg (20.28%), Vitamin B5: 1.86mg (18.61%), Vitamin B6: 0.31mg (15.61%), Folate: 57.44µg (14.36%), Iron: 2.58mg (14.31%), Vitamin E: 1.74mg (11.58%), Vitamin D: 1.3µg (8.65%), Vitamin B3: 1.69mg (8.43%), Vitamin A: 246.52IU (4.93%), Vitamin K: 2.28µg (2.17%), Vitamin C: 1.36mg (1.64%)