



Multigrain Breakfast Porridge

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup milk fat-free
- ☐ 0.3 cup maple syrup
- ☐ 0.8 cup regular oats
- ☐ 3 tablespoons quick-cooking grits uncooked
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 4.5 cups water
- ☐ 0.5 cup wheat berries hard rinsed uncooked (winter wheat)

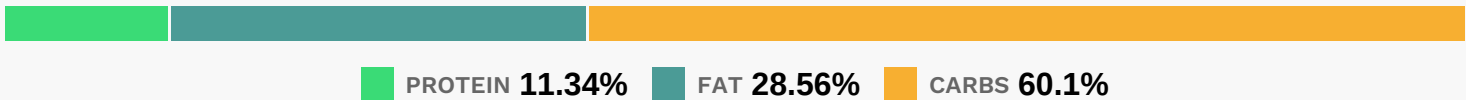
Equipment

☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a large saucepan over medium-high heat; bring to a simmer. Cover, reduce heat, and simmer 20 minutes.
- ☐ Stir in oats; simmer, uncovered, 12 minutes, stirring often. Stir in grits; simmer 5 minutes, stirring often.
- ☐ Stir in milk and syrup; simmer 1 minute or until porridge thickens, stirring constantly.
- ☐ Remove from heat.
- ☐ Serve with walnuts.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:6.27, Inflammation Score:-3, Nutrition Score:7.8917390717112%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 221.72kcal (11.09%), Fat: 7.3g (11.22%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 30.41g (11.06%), Sugar: 9.99g (11.1%), Cholesterol: 0.92mg (0.31%), Sodium: 314.22mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Manganese: 1.02mg (51.1%), Fiber: 4.14g (16.55%), Vitamin B2: 0.26mg (15.14%), Phosphorus: 116.36mg (11.64%), Copper: 0.23mg (11.47%), Magnesium: 40.12mg (10.03%), Vitamin B1: 0.13mg (8.99%), Calcium: 82.98mg (8.3%), Iron: 1.44mg (8.01%), Zinc: 0.97mg (6.44%), Selenium: 4.02µg (5.74%), Folate: 21.1µg (5.28%), Potassium: 168.38mg (4.81%), Vitamin B6: 0.09mg (4.69%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.29mg (2.94%), Vitamin B3: 0.51mg (2.55%), Vitamin D: 0.34µg (2.25%), Vitamin A: 64.43IU (1.29%)