



WHATSheATE



Nutty Apple Cinnamon Breakfast Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 apples unpeeled cut into ½" pieces ()
- ☐ 2 Tablespoons coconut oil (may use just 1T if watching fat intake)
- ☐ 2 cups brown rice cooked
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 1 pinch salt generous
- ☐ 0.5 cup walnuts chopped well (cashews or pecans will also work)

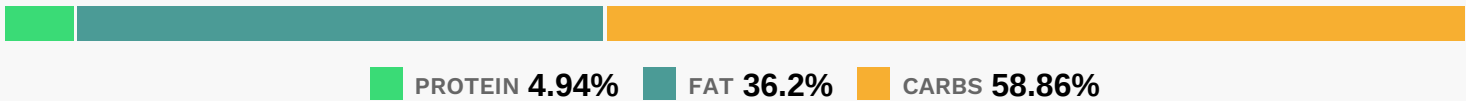
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F.In a 9 x 13" baking dish, stir together the chopped apples and nuts.
- ☐ Drizzle with the coconut oil or margarine, and stir to coat.
- ☐ Sprinkle the mixture with the cinnamon and salt, and stir until the apples and nuts are evenly coated with spice.
- ☐ Place the dish in the oven, and bake for 30–45 minutes, or until the apples are nice and tender. Check in every 15 minutes while baking to give the apples a stir.
- ☐ Remove the apples from the oven, and stir in the raisins and brown rice.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:25.55, Inflammation Score:-5, Nutrition Score:12.848260858785%

Flavonoids

Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 412.68kcal (20.63%), Fat: 17.7g (27.22%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 56.13g (20.41%), Sugar: 19.32g (21.47%), Cholesterol: 0mg (0%), Sodium: 17.9mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Manganese: 1.77mg (88.42%), Fiber: 8.6g (34.4%), Copper: 0.42mg (20.85%), Magnesium: 80.85mg (20.21%), Vitamin B6: 0.33mg (16.66%), Phosphorus: 159.61mg (15.96%), Potassium: 487.95mg (13.94%), Vitamin B1: 0.2mg (13.38%), Vitamin C: 9.56mg (11.59%), Iron:

1.68mg (9.31%), Vitamin B3: 1.83mg (9.17%), Zinc: 1.17mg (7.82%), Vitamin B2: 0.11mg (6.71%), Folate: 24.27µg (6.07%), Vitamin B5: 0.59mg (5.87%), Calcium: 45.16mg (4.52%), Vitamin K: 4.6µg (4.38%), Vitamin E: 0.45mg (3%), Vitamin A: 102.68IU (2.05%), Selenium: 0.84µg (1.2%)