



Nutty Apricot Warm-Up

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 17 oz apricot halves drained chopped canned
- 3.3 cups milk fat-free
- 0.3 tsp ground cinnamon
- 0.3 cup planters pecan pieces
- 0.3 cup raisins
- 0.5 cup creamy wheat cereal hot uncooked (enriched farina) (1-minute, 2-)

Equipment

- sauce pan

Directions

- Mix milk and cinnamon in large saucepan. Bring to boil over medium-high heat. Gradually add cereal; cook 2 minutes or until thickened, stirring constantly.
- Add apricots, raisins and pecans; mix well. Reduce heat to low. Cook and stir an additional 5 minutes.
- Serve topped with brown sugar and additional milk, if desired.

Nutrition Facts

PROTEIN 14.38% **FAT 19.88%** **CARBS 65.74%**

Properties

Glycemic Index:24.79, Glycemic Load:8.63, Inflammation Score:-9, Nutrition Score:21.891739150752%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 216.75kcal (10.84%), Fat: 5.24g (8.06%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 33.7g (12.26%), Sugar: 16.46g (18.29%), Cholesterol: 3.98mg (1.33%), Sodium: 170.74mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.07%), Vitamin D: 18.23µg (121.56%), Folate: 179.25µg (44.81%), Vitamin A: 2031.15IU (40.62%), Iron: 6.72mg (37.36%), Phosphorus: 246.27mg (24.63%), Vitamin B2: 0.41mg (23.93%), Calcium: 235.13mg (23.51%), Vitamin B12: 1.4µg (23.32%), Zinc: 3.25mg (21.67%), Fiber: 5.31g (21.24%), Vitamin B1: 0.3mg (20.32%), Manganese: 0.38mg (18.94%), Vitamin B6: 0.36mg (17.91%), Potassium: 592.73mg (16.94%), Vitamin B3: 2.9mg (14.49%), Vitamin C: 11.05mg (13.4%), Magnesium: 50.54mg (12.64%), Copper: 0.16mg (8.13%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 0.8mg (5.35%), Selenium: 3.02µg (4.31%), Vitamin K: 2.9µg (2.76%)