



## Orange Bowl Cereal

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup vanilla yogurt low-fat
- 0.5 cup mandarin orange segments in syrup light canned drained
- 1 cup bite-size wheat cereal shredded

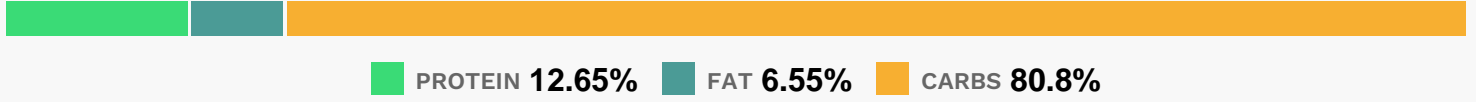
### Equipment

- bowl

### Directions

- Place cereal in serving bowl.
- Add the oranges; drizzle with reserved orange syrup.
- Top with the yogurt.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:42, Glycemic Load:4.71, Inflammation Score:-7, Nutrition Score:15.587391462015%

### Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 9.77mg, Naringenin: 9.77mg, Naringenin: 9.77mg, Naringenin: 9.77mg

### Nutrients (% of daily need)

Calories: 262.13kcal (13.11%), Fat: 2.11g (3.24%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 58.44g (19.48%), Net Carbohydrates: 51.04g (18.56%), Sugar: 19.23g (21.37%), Cholesterol: 3.06mg (1.02%), Sodium: 45.19mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.31%), Manganese: 1.22mg (61.24%), Vitamin C: 31.27mg (37.9%), Vitamin B6: 0.65mg (32.32%), Fiber: 7.39g (29.58%), Phosphorus: 276.09mg (27.61%), Magnesium: 84.01mg (21%), Calcium: 164.31mg (16.43%), Vitamin B3: 2.9mg (14.49%), Vitamin A: 690.31IU (13.81%), Potassium: 472.71mg (13.51%), Vitamin B1: 0.2mg (13.48%), Zinc: 1.99mg (13.24%), Vitamin B2: 0.22mg (12.85%), Copper: 0.22mg (10.95%), Folate: 42.55µg (10.64%), Iron: 1.58mg (8.75%), Vitamin B5: 0.69mg (6.93%), Selenium: 4.41µg (6.31%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.21mg (1.38%)