



Overnight Honey-Almond Multigrain Cereal

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



434 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon almonds toasted sliced
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 1 tablespoon honey
- 2 tablespoons pearl barley uncooked
- 0.1 teaspoon salt
- 0.3 cup steel-cut oats (such as McCann's)
- 1.3 cups water

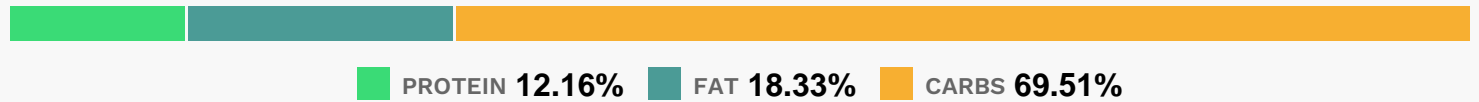
Equipment

- bowl
- microwave

Directions

- Combine oats, barley, and 1 1/4 cups water in a microwave-safe 4-cup bowl. Cover and refrigerate 4 hours or overnight.
- Uncover bowl, and stir in salt. Microwave, uncovered, at HIGH for 6 minutes or until most of liquid is absorbed, stirring well after 3 minutes. Stir in 1/4 teaspoon cinnamon and nutmeg. Top with almonds and honey.

Nutrition Facts



Properties

Glycemic Index:194.27, Glycemic Load:25.89, Inflammation Score:-3, Nutrition Score:10.028695793903%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 434.25kcal (21.71%), Fat: 9.16g (14.1%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 78.17g (26.06%), Net Carbohydrates: 66.09g (24.03%), Sugar: 17.99g (19.99%), Cholesterol: 0mg (0%), Sodium: 309.16mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Fiber: 12.09g (48.36%), Manganese: 0.73mg (36.58%), Iron: 3.46mg (19.21%), Vitamin E: 2.58mg (17.18%), Selenium: 11.75µg (16.78%), Copper: 0.29mg (14.33%), Magnesium: 54.51mg (13.63%), Phosphorus: 115.15mg (11.52%), Vitamin B2: 0.16mg (9.18%), Vitamin B3: 1.76mg (8.79%), Calcium: 77.93mg (7.79%), Zinc: 1.03mg (6.89%), Vitamin B1: 0.08mg (5.2%), Potassium: 170.12mg (4.86%), Vitamin B6: 0.1mg (4.84%), Folate: 11.84µg (2.96%), Vitamin B5: 0.15mg (1.46%)