



Porridge plus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



596 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

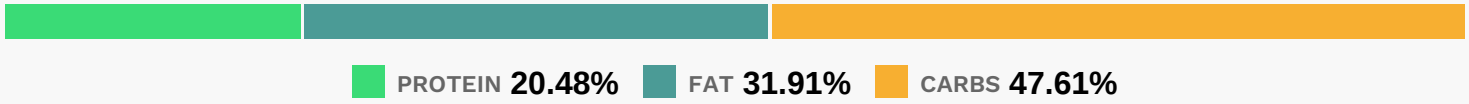
- ☐ 1 serving enough porridge oats for 1
- ☐ 1 serving semi-skimmed milk
- ☐ 1 serving greek yogurt fat-free
- ☐ 1 serving banana sliced
- ☐ 1 serving hazelnuts roughly chopped
- ☐ 1 serving honey

Equipment

Directions

- ☐ Make porridge with semi-skimmed milk according to the packet instructions.
- ☐ Top with fat-free Greek yogurt, sliced banana and roughly chopped hazelnuts, and drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:162.05, Glycemic Load:26.48, Inflammation Score:-7, Nutrition Score:29.198260851528%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 8.04mg, Catechin: 8.04mg, Catechin: 8.04mg, Catechin: 8.04mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 595.92kcal (29.8%), Fat: 22.02g (33.88%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 63.67g (23.15%), Sugar: 29.41g (32.68%), Cholesterol: 10.08mg (3.36%), Sodium: 76.41mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.61%), Manganese: 3.67mg (183.42%), Phosphorus: 551.92mg (55.19%), Selenium: 33.42µg (47.74%), Vitamin B2: 0.75mg (44.38%), Fiber: 10.24g (40.96%), Copper: 0.81mg (40.36%), Magnesium: 160.37mg (40.09%), Vitamin B6: 0.8mg (40.07%), Vitamin E: 4.81mg (32.1%), Potassium: 1086.92mg (31.05%), Vitamin B1: 0.46mg (30.69%), Calcium: 284.92mg (28.49%), Vitamin B12: 1.41µg (23.42%), Zinc: 3.46mg (23.07%), Folate: 86.09µg (21.52%), Iron: 3.61mg (20.04%), Vitamin B5: 1.81mg (18.15%), Vitamin C: 12.89mg (15.62%), Vitamin B3: 2.26mg (11.29%), Vitamin K: 5.69µg (5.42%), Vitamin A: 95.66IU (1.91%)