



Quinoa Prune Breakfast Porridge



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup vanilla almond milk unsweetened vanilla-flavored
- ☐ 2 tablespoons crunchy peanut butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 cup prune- cut to pieces pitted chopped
- ☐ 1 cup quinoa rinsed drained
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

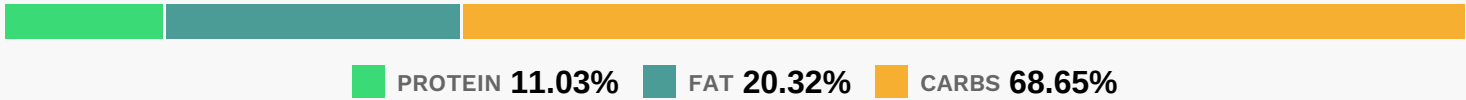
Equipment

- ☐ sauce pan

Directions

- ☐ Boil water and salt in a saucepan. Stir in quinoa; cover, reduce heat to low, and simmer until tender, about 10 minutes.
- ☐ Stir in chopped prunes, peanut butter, almond milk, cinnamon, and nutmeg. Cover and simmer 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:7.19, Inflammation Score:-7, Nutrition Score:15.300000153158%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 317.94kcal (15.9%), Fat: 7.54g (11.6%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 50.25g (18.27%), Sugar: 17.35g (19.28%), Cholesterol: 0mg (0%), Sodium: 419.77mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.41%), Manganese: 1.19mg (59.31%), Magnesium: 115.93mg (28.98%), Fiber: 7.05g (28.2%), Phosphorus: 250.19mg (25.02%), Vitamin K: 26µg (24.76%), Copper: 0.44mg (22.03%), Folate: 87.41µg (21.85%), Potassium: 618.87mg (17.68%), Vitamin B6: 0.33mg (16.51%), Iron: 2.53mg (14.03%), Vitamin B2: 0.23mg (13.24%), Vitamin B3: 2.56mg (12.82%), Calcium: 123.74mg (12.37%), Vitamin B1: 0.18mg (12.28%), Zinc: 1.75mg (11.68%), Vitamin E: 1.73mg (11.56%), Vitamin A: 346.55IU (6.93%), Selenium: 4.41µg (6.3%), Vitamin B5: 0.6mg (6.02%)