



Rhubarb Cream of Wheat

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds divided toasted
- 2 teaspoons butter divided
- 0.3 cup maple syrup
- 1 cup rhubarb chopped
- 2 servings quick-cooking wheat cereal such as cream of wheat

Equipment

- bowl
- oven

baking pan

Directions

Preheat oven to 35

In an 8- by 8-in. baking pan, combine syrup and rhubarb.

Bake until softened, 5 to 10 minutes.

Meanwhile, make wheat cereal as package directs and put in 2 bowls. Top each with 1/2 of butter, rhubarb with syrup, and almonds.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:10.28, Inflammation Score:-4, Nutrition Score:12.407826066665%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 264.43kcal (13.22%), Fat: 13.11g (20.17%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 31.11g (11.31%), Sugar: 25.58g (28.42%), Cholesterol: 10.75mg (3.58%), Sodium: 39.63mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 1.47mg (73.34%), Vitamin B2: 0.74mg (43.56%), Vitamin E: 4.86mg (32.4%), Vitamin K: 18.22µg (17.36%), Magnesium: 64.58mg (16.15%), Calcium: 152.73mg (15.27%), Fiber: 3.37g (13.5%), Potassium: 400mg (11.43%), Copper: 0.2mg (9.95%), Phosphorus: 98.24mg (9.82%), Iron: 1.18mg (6.54%), Zinc: 0.92mg (6.12%), Vitamin C: 4.88mg (5.92%), Vitamin B1: 0.09mg (5.72%), Vitamin B3: 1mg (5.01%), Vitamin A: 187.35IU (3.75%), Folate: 13.49µg (3.37%), Selenium: 1.65µg (2.36%), Vitamin B6: 0.04mg (2.2%), Vitamin B5: 0.15mg (1.47%)