



## Seven-cup muesli



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 3 cups oats
- ☐ 1 cup nuts including macadamia if possible mixed
- ☐ 0.5 cup sesame seed
- ☐ 0.5 cup sunflower seeds
- ☐ 0.5 cup raisins
- ☐ 0.5 cup cranberries dried
- ☐ 1 cup ready-to-eat apricots dried chopped
- ☐ 10 servings semi-skimmed milk

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10 servings seasonal fruit fresh such as pears, banana, pineapple, papya, passion fruit and grapes chopped

## Equipment

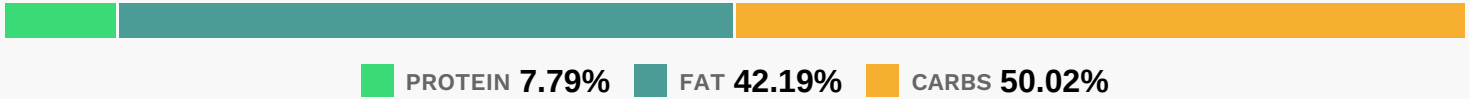
☐

bowl

## Directions

- ☐
- Tip the oats into a large airtight container and add the nuts, seeds, raisins and cranberries. Stir in the apricots.
- ☐
- To serve, spoon a portion into a bowl, pour over the milk and top with chopped fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:20.55, Glycemic Load:9.78, Inflammation Score:-7, Nutrition Score:17.936086855505%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 386.12kcal (19.31%), Fat: 19.22g (29.56%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 43.16g (15.7%), Sugar: 20.27g (22.52%), Cholesterol: 0.08mg (0.03%), Sodium: 12.44mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Manganese: 1.83mg (91.56%), Copper: 0.75mg (37.5%), Fiber: 8.09g (32.36%), Vitamin B1: 0.46mg (30.58%), Magnesium: 109.09mg (27.27%), Phosphorus: 240.94mg (24.09%), Iron: 3.61mg (20.06%), Selenium: 13.76µg (19.66%), Vitamin E: 2.82mg (18.77%), Zinc: 2.14mg (14.25%), Vitamin A: 661.44IU (13.23%), Vitamin B6: 0.25mg (12.71%), Potassium: 425.47mg (12.16%), Calcium: 114.11mg (11.41%), Vitamin B3: 2.17mg (10.87%), Vitamin B2: 0.15mg (9.01%), Folate: 35.77µg (8.94%), Vitamin K: 6.91µg (6.58%), Vitamin C: 4.82mg (5.84%), Vitamin B5: 0.56mg (5.59%)