



Spiced coconut porridge with cranberry & orange compote



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



499 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 175 g oatmeal
- ☐ 700 ml milk
- ☐ 400 ml lite coconut milk low-fat canned
- ☐ 3 tbsp brown sugar light soft
- ☐ 1 tsp ground cinnamon
- ☐ 4 servings nutmeg good
- ☐ 160 ml full fat coconut cream shaved toasted canned

- ☐ 3 tbsp brown sugar light soft
- ☐ 3 cranberry-orange relish peeled sliced
- ☐ 250 g cranberries fresh

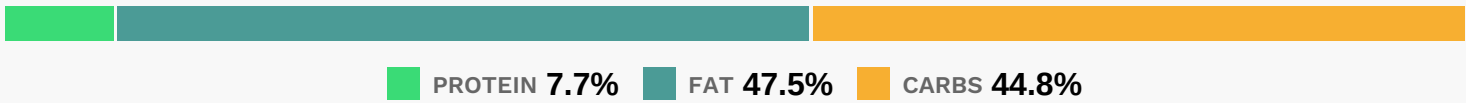
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Mix the oats, milk, coconut milk, sugar, spices and a pinch of salt in a saucepan. Set over a low heat and cook for about 20 mins, stirring every now and then to prevent the porridge from sticking, until its thick and creamy add a splash more milk if you like it thinner.
- ☐ Meanwhile, prepare the compote.
- ☐ Put the sugar and 2 tbsp water in a frying pan and heat to dissolve the sugar. Once bubbling, add the oranges and cranberries. Stir, then turn up the heat and leave to bubble for a few mins until most of the liquid evaporates and the compote becomes thick and sticky.
- ☐ To serve, spoon the porridge into bowls, top with the orange & cranberry compote, a swirl of coconut cream, some shaved coconut and an extra grating of nutmeg.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:12.62, Inflammation Score:-7, Nutrition Score:18.871304491292%

Flavonoids

Cyanidin: 29.02mg, Cyanidin: 29.02mg, Cyanidin: 29.02mg, Cyanidin: 29.02mg Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg, Malvidin: 0.28mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 30.73mg, Peonidin: 30.73mg, Peonidin: 30.73mg, Peonidin: 30.73mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg

Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg, Hesperetin: 26.77mg Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg, Naringenin: 15.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 4.29mg, Myricetin: 4.29mg, Myricetin: 4.29mg, Myricetin: 4.29mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 499.13kcal (24.96%), Fat: 27.08g (41.66%), Saturated Fat: 22.14g (138.39%), Carbohydrates: 57.45g (19.15%), Net Carbohydrates: 50.45g (18.34%), Sugar: 38.7g (43%), Cholesterol: 21.66mg (7.22%), Sodium: 149.07mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Vitamin C: 62.24mg (75.44%), Manganese: 1.22mg (61.14%), Calcium: 299.83mg (29.98%), Phosphorus: 291.5mg (29.15%), Fiber: 7.01g (28.02%), Potassium: 694.8mg (19.85%), Vitamin B2: 0.31mg (18.19%), Vitamin B1: 0.25mg (16.44%), Vitamin B12: 0.97µg (16.24%), Magnesium: 64.08mg (16.02%), Copper: 0.3mg (14.9%), Vitamin B5: 1.37mg (13.71%), Vitamin D: 1.99µg (13.24%), Vitamin B6: 0.24mg (11.88%), Zinc: 1.75mg (11.68%), Vitamin A: 554.9IU (11.1%), Folate: 43.8µg (10.95%), Iron: 1.8mg (10.02%), Selenium: 6.61µg (9.45%), Vitamin E: 1.14mg (7.61%), Vitamin B3: 1.04mg (5.22%), Vitamin K: 4µg (3.81%)