

Sunshine Morning Muesli

 Vegetarian  Gluten Free

READY IN



490 min.

SERVINGS



1

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 apricot dried chopped
- 1 tablespoon golden raisins
- 1 pinch ground cinnamon
- 0.1 cup oat bran
- 0.5 cup yogurt plain
- 0.3 cup rolled oats
- 1 teaspoon walnut pieces chopped

Equipment

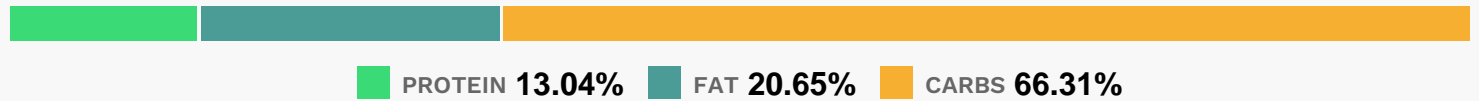
bowl

Directions

In a medium bowl, mix together the oats, oat bran, raisins, apricots, and cinnamon. Stir in yogurt, cover, and refrigerate overnight.

In the morning, pour the milk over the muesli, and sprinkle with walnuts. You may wish to add more milk depending on your preference.

Nutrition Facts



Properties

Glycemic Index:228.57, Glycemic Load:20.79, Inflammation Score:-7, Nutrition Score:17.27565221942%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 305.16kcal (15.26%), Fat: 7.86g (12.09%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 49.8g (18.11%), Sugar: 27.88g (30.98%), Cholesterol: 15.93mg (5.31%), Sodium: 62.43mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.31%), Manganese: 1.79mg (89.55%), Phosphorus: 350.92mg (35.09%), Fiber: 6.95g (27.8%), Magnesium: 94.13mg (23.53%), Selenium: 16.07µg (22.96%), Potassium: 748.14mg (21.38%), Vitamin B1: 0.32mg (21.06%), Vitamin A: 987.23IU (19.74%), Calcium: 192.58mg (19.26%), Vitamin B2: 0.29mg (16.93%), Copper: 0.32mg (16%), Iron: 2.72mg (15.09%), Zinc: 2.13mg (14.23%), Vitamin B5: 1.08mg (10.85%), Vitamin E: 1.39mg (9.24%), Vitamin B6: 0.18mg (8.9%), Vitamin B12: 0.45µg (7.55%), Folate: 27.68µg (6.92%), Vitamin B3: 1.28mg (6.38%), Vitamin K: 2.52µg (2.4%), Vitamin C: 1.37mg (1.66%)