



## Three-Grain Cereal with Dates and Cinnamon

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 pinch cinnamon
- 15 servings kosher salt
- 0.3 cup pearly barley
- 1 cup quick-cooking rolled oats
- 0.3 cup quinoa
- 15 servings water boiling

### Equipment

- bowl

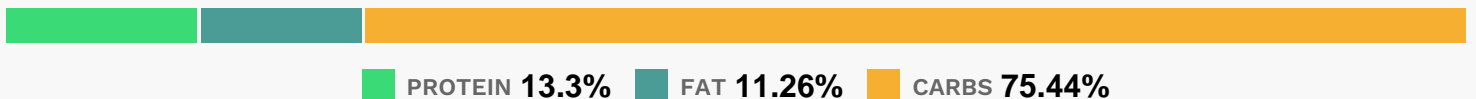
sauce pan

colander

## Directions

- In a medium saucepan of salted boiling water, cook the pearled barley over moderate heat for about 30 minutes, until tender.
- Drain the barley in a colander and shake off all of the excess water.
- Meanwhile, in a small saucepan, combine the quinoa, 1/2 cup of water and a pinch of salt and bring to a boil. Cover and simmer over low heat until the water is absorbed, about 15 minutes.
- In a small, heatproof bowl, cover the dates with boiling water and let stand for 1 minute.
- Drain the dates in a colander and let them cool. Peel and pit the dates and chop them into 1/2-inch pieces.
- In another medium saucepan, bring 2 cups of water to a boil.
- Add the oats and a pinch of salt and cook over moderate heat for 4 minutes, stirring constantly.
- Add the cooked barley and quinoa, cinnamon and half of the chopped dates and cook, stirring, until thickened, about 3 minutes. Spoon the cereal into bowls, sprinkle with the remaining dates and serve.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:2.7626087107574%

## Nutrients (% of daily need)

Calories: 46.16kcal (2.31%), Fat: 0.6g (0.92%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.56g (2.75%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 206.32mg (8.97%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Manganese: 0.35mg (17.58%), Magnesium: 26.07mg (6.52%), Fiber: 1.41g (5.63%), Selenium: 3.76µg (5.36%), Phosphorus: 47.54mg (4.75%), Copper: 0.09mg (4.67%), Vitamin B1: 0.05mg (3.19%), Iron: 0.49mg (2.75%), Zinc: 0.38mg (2.53%), Folate: 7.97µg (1.99%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.29mg (1.46%), Potassium: 47.84mg (1.37%), Calcium: 12.51mg (1.25%), Vitamin B2: 0.02mg (1.21%)