



Triple-Berry Oatmeal Muesli

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 2.8 cups oats
- ☐ 0.5 cup blueberries fresh
- ☐ 0.3 cup ground flaxseed
- ☐ 1.5 cups milk
- ☐ 0.5 cup raspberries fresh
- ☐ 0.5 cup strawberries fresh sliced
- ☐ 1.3 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)

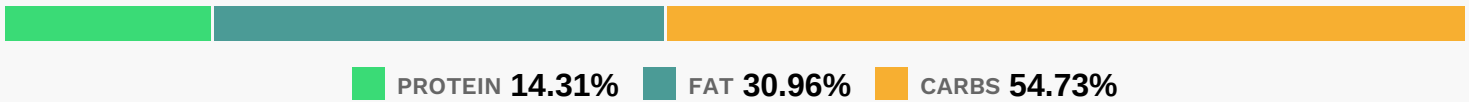
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. On cookie sheet, spread oats and almonds.
- ☐ Bake 18 to 20 minutes, stirring occasionally, until light golden brown. Cool 15 minutes.
- ☐ In large bowl, mix yogurt and milk until well blended. Stir in toasted oat mixture and flaxseed. Spoon mixture into individual serving bowls. Top each serving with berries.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:10.76, Inflammation Score:-6, Nutrition Score:17.594347539155%

Flavonoids

Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg, Cyanidin: 6.01mg Petunidin: 3.93mg, Petunidin: 3.93mg, Petunidin: 3.93mg Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg, Delphinidin: 4.54mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 3.08mg, Pelargonidin: 3.08mg, Pelargonidin: 3.08mg, Pelargonidin: 3.08mg Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg, Peonidin: 2.52mg Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 329.04kcal (16.45%), Fat: 11.65g (17.92%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 46.32g (15.44%), Net Carbohydrates: 38.44g (13.98%), Sugar: 15.36g (17.07%), Cholesterol: 12.22mg (4.07%), Sodium: 57.77mg (2.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Manganese: 1.85mg (92.34%), Phosphorus: 343.38mg (34.34%), Fiber: 7.88g (31.52%), Magnesium: 109.94mg (27.48%), Vitamin B1: 0.34mg (22.72%), Vitamin B2: 0.35mg (20.55%), Selenium: 13.99µg (19.98%), Calcium: 195.94mg (19.59%), Copper: 0.33mg (16.4%), Vitamin E: 2.36mg (15.75%), Zinc: 2.21mg (14.73%), Iron: 2.47mg (13.72%), Potassium: 475.75mg (13.59%), Vitamin C: 10.91mg (13.23%), Vitamin B12: 0.61µg (10.21%), Vitamin B5: 0.81mg (8.09%), Vitamin B6: 0.13mg (6.7%), Folate: 26.79µg (6.7%), Vitamin B3: 1.12mg (5.6%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.64µg (4.42%), Vitamin A: 127.17IU (2.54%)