



Tykvenitsa Millet Breakfast Cereal



Vegetarian



Gluten Free



Low Fod Map

READY IN



255 min.

SERVINGS



6

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter to taste
- ☐ 1 cup millet
- ☐ 3 cups pumpkin shredded
- ☐ 2 cups rice milk
- ☐ 1 pinch salt to taste
- ☐ 2 cups water

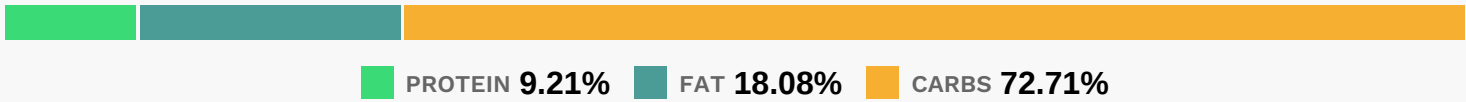
Equipment

- ☐ slow cooker

Directions

- ☐ Place pumpkin, water, rice milk, and millet in a slow cooker and stir well.
- ☐ Cook on Low until creamy, 4 to 5 hours. Stir butter and salt into cereal before serving.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:24.32, Inflammation Score:-10, Nutrition Score:11.871738970604%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg

Nutrients (% of daily need)

Calories: 197.81kcal (9.89%), Fat: 4.02g (6.19%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 33.27g (12.1%), Sugar: 5.27g (5.85%), Cholesterol: 5.02mg (1.67%), Sodium: 58.05mg (2.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin A: 4995.85IU (99.92%), Manganese: 0.62mg (30.83%), Copper: 0.34mg (16.81%), Fiber: 3.12g (12.49%), Phosphorus: 121.08mg (12.11%), Magnesium: 45.8mg (11.45%), Vitamin B1: 0.17mg (11.3%), Vitamin B3: 1.92mg (9.61%), Vitamin B2: 0.16mg (9.49%), Folate: 37.68µg (9.42%), Vitamin B6: 0.16mg (8.17%), Iron: 1.47mg (8.15%), Potassium: 262.76mg (7.51%), Vitamin C: 5.22mg (6.33%), Zinc: 0.76mg (5.04%), Vitamin B5: 0.46mg (4.58%), Vitamin E: 0.69mg (4.57%), Calcium: 25.78mg (2.58%), Selenium: 1.1µg (1.57%), Vitamin K: 1.1µg (1.05%)