



## Warm Maple Banana Cereal

 Vegetarian

READY IN



2 min.

SERVINGS



1

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 small banana sliced
- 0.5 cup milk fat-free
- 1 tsp pancake syrup
- 1 cup bite-size wheat cereal shredded

### Equipment

- bowl
- microwave

## Directions

- Pour milk over cereal in microwaveable bowl.
- Top with banana.
- Drizzle with syrup.
- Microwave on HIGH 1 min. or until heated through. Stir before serving.

## Nutrition Facts

**PROTEIN 12.46%** **FAT 4.17%** **CARBS 83.37%**

## Properties

Glycemic Index:88.03, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:17.918260815351%

## Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 310.65kcal (15.53%), Fat: 1.58g (2.43%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 71.22g (23.74%), Net Carbohydrates: 62.96g (22.89%), Sugar: 18.95g (21.06%), Cholesterol: 3.95mg (1.32%), Sodium: 60.92mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.29%), Manganese: 1.47mg (73.34%), Vitamin B6: 0.98mg (49.23%), Fiber: 8.27g (33.06%), Phosphorus: 327.89mg (32.79%), Magnesium: 104.62mg (26.16%), Potassium: 743.09mg (21.23%), Calcium: 190.39mg (19.04%), Vitamin B2: 0.29mg (17.35%), Vitamin B3: 3.28mg (16.42%), Vitamin C: 13.53mg (16.4%), Vitamin B1: 0.22mg (14.7%), Zinc: 2.12mg (14.1%), Copper: 0.27mg (13.3%), Vitamin B12: 0.71µg (11.84%), Folate: 42.86µg (10.72%), Vitamin B5: 0.92mg (9.21%), Iron: 1.66mg (9.2%), Vitamin D: 1.35µg (8.98%), Selenium: 4.82µg (6.89%), Vitamin A: 318.81IU (6.38%), Vitamin K: 1.16µg (1.11%)