



 **84%**  
HEALTH SCORE

## Whole-Grain Breakfast Porridge

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cinnamon sticks
- 0.3 cup fruit dried chopped (cranberries, cherries, raisins and/or apricots)
- 1 tablespoons brown sugar dark light packed
- 1 piece orange peel
- 0.3 cup pearl barley
- 0.5 cup rice wild red
- 0.3 teaspoon salt
- 0.5 cup steel-cut oats

0.5 cup wheat cereal

## Equipment

kitchen timer

rice cooker

## Directions

Up to 12 hours before serving, put the rice, oats, barley and farina in a 6-to-10-cup rice cooker. Stir in the orange peel, cinnamon stick, sugar, salt and 5 cups water.

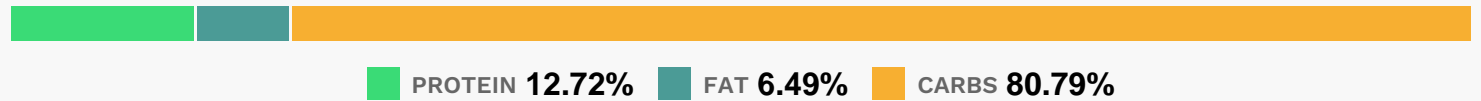
Add the dried fruit.

Close the cooker, set the timer and program for the porridge cycle so that breakfast is ready at the desired time. (If you don't have a porridge setting on your rice cooker, program for 50 to 55 minutes.

Serve the warm porridge with nuts, syrup and/or milk, if desired.

Photograph by Kana Okada

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:14.21, Inflammation Score:-7, Nutrition Score:22.992608723433%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 312.62kcal (15.63%), Fat: 2.41g (3.71%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 57.41g (20.88%), Sugar: 6.94g (7.71%), Cholesterol: 0mg (0%), Sodium: 318.9mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin D: 25.16µg (167.74%), Folate: 274.6µg (68.65%), Iron: 10.73mg (59.59%), Fiber: 10.17g (40.68%), Zinc: 4.79mg (31.94%), Manganese: 0.61mg (30.43%), Vitamin B3: 5.12mg (25.58%), Vitamin B6: 0.44mg (21.84%), Phosphorus: 210.59mg (21.06%), Vitamin B2: 0.34mg (19.9%), Vitamin B1: 0.29mg (19.16%), Magnesium: 72.27mg (18.07%), Vitamin B12: 0.94µg (15.73%), Vitamin C: 8.76mg (10.62%), Calcium: 97.41mg (9.74%), Copper: 0.17mg (8.4%), Selenium: 5.37µg (7.67%), Potassium: 246.52mg (7.04%), Vitamin A: 340IU (6.8%), Vitamin B5: 0.29mg (2.9%), Vitamin E: 0.28mg (1.85%), Vitamin K: 1.24µg (1.18%)