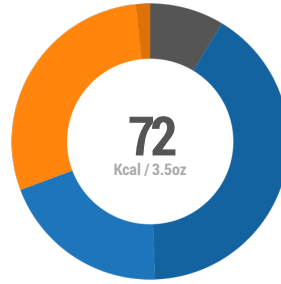


Buckwheat porridge

By Ashlyn Housewright

Overview ...

U / 5530781



CALORIES:

60.6% Carbs

8.7% Protein

30.7% Fat

Food Labelling...

US Label values per 3.5oz

Serves **6**

	PER 3.5OZ	%DV	PER 11.2OZ SERVING	%DV
Calories	70 kcal	4%	230 kcal	12%
Total Fat	2.5 g	3%	8 g	10%
<i>Saturated Fat</i>	0 g	0%	0 g	0%
<i>Trans Fats</i>	0 g	-	0 g	-
Cholesterol	0 mg	0%	0 mg	0%
Sodium	15 mg	1%	55 mg	2%
Total Carbohydrate	12 g	4%	39 g	14%
<i>Dietary Fiber</i>	1 g	4%	4 g	14%
Total Sugars	7 g	-	23 g	-
Added Sugars	3 g	6%	9 g	18%
Protein	2 g	4%	5 g	10%
Vitamin D	0 ug	0%	0 ug	0%
Calcium	20 mg	2%	50 mg	4%
Iron	0.3 mg	2%	1.1 mg	6%
Potassium	30 mg	0%	100 mg	2%

CONTAINS:



ALMONDS

Nutrient Breakdown per 3.5oz...

Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI	Saturated Fat 1% RI	0.13g Vitamin A (ret eq)
Energy(Kj) 4% RI	Monounsaturated fat	1g Retinol
	cis-Mono	- Carotene
	Polyunsaturated fat	0.4g Vitamin D
	Omega3(n-3)	- Vitamin E 5% RI
	Omega6(n-6)	- Vitamin K ₁ 0% RI
	cis-Poly	- Thiamin (B ₁) 0% RI
	Trans-fatty acids	0g
		0ug
		0ug
		-
		0ug
		0.72mg
		0.17ug
		0.01mg

Water from Drinks	0g	Cholesterol	0mg	Riboflavin (B ₂) 3% RI	0.04mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃)	-
Carbohydrate		Sodium 1% RI	16.7mg	Niacin 1% RI	0.2mg
Starch	3.7g	Potassium 1% RI	30.8mg	Tryptophan	10.7mg
Oligosaccharide	-	Chloride 1% RI	19.9mg	Pantothenic Acid (B ₅) 1% RI	0.04mg
Fiber 4% RI	1.2g	Calcium 1% RI	15.3mg	Vitamin B ₆ 1% RI	0.01mg
NSP	0.49g	Phosphorus 2% RI	20.4mg	Folates (B ₉) Total 1% RI	2.9ug
Sugars	7.4g	Magnesium 3% RI	13.7mg	Vitamin B ₁₂	0ug
Glucose	1.2g	Iron 2% RI	0.35mg	Biotin (B ₇)	-
Galactose	0.1g	Zinc 2% RI	0.17mg	Vitamin C 0% RI	0.02mg
Fructose	1.4g	Copper 6% RI	0.05mg		
Sucrose	0.2g	Manganese 5% RI	0.1mg	Other	
Maltose	0.05g	Selenium 1% RI	0.28ug	GI (estimated)	13.5
Lactose	0g	Iodine	-	GL	1.5
				Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
Buckwheat groats, roasted, cooked - US15	5.9oz	1 cup	0.00
DRIED CRANBERRIES - US-B	2.8oz	0.5 cup	0.00
GRANOLA - US-B	3.9oz	1 cup	0.00
Honey - US15	2.2oz	3 tbsp	0.00
Nuts, almonds, dry roasted, without salt added - US15	2oz	2 oz (22 whole kernels)	0.00
Beverages, water, tap, drinking - US15	3.1lb	6 serving 8 fl oz	0.00

TOTAL COST: **0.00**

Products / Pack Sizes ...

1 Serving



- Product code**
- Barcode**
- 11.2oz / 222kcal**
- Serving per pack**
- Net pack weight**
- 0.00 ↗**
- Sale price (0 + 0%)**

Ingredient List (QUID) ...

Water, Buckwheat, GRANOLA [OATS, MAPLE SYRUP, BROWN SUGAR, CANOLA OIL, VANILLA, SEA SALT, CINNAMON], DRIED CRANBERRIES [CRANBERRIES, SUGAR], Honey, **ALMONDS (TREE NUTS)**

Cooking Instructions & Notes

1. Add buckwheat groats and water to a small pot to medium high heat. Bring to a boil and reduce to a simmer. Cover pot with a lid and put heat on low. Simmer 10 minutes, do not overcook. I use a timer.
2. After 10 minutes, turn off heat. Do not open lid, allow it to steam for another 5 minutes.
3. Fluff with a fork and serve. Top with cherries, almond milk, a splash of vanilla, a dash of cinnamon and a drizzle of maple syrup or honey.