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Sweet Millet •

Sweet Millet is a delicious vegetarian recipe that has been enjoyed for centuries. It is a traditional dish that is often consumed as a breakfast or brunch option. The millet is cooked until tender and sweetened with honey and cinnamon. It is a hearty and nutritious meal that can be enjoyed by vegetarians and non-vegetarians alike.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

250 g	Millet
500 ml	water
50 g	honey
2 tsp	Cinnamon

Directions

Step 1

Rinse the millet under cold water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a saucepan, bring the water to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Simmering

Add the rinsed millet to the boiling water and reduce the heat to low. Cover and simmer for 20-25 minutes or until the millet is tender.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Resting

Remove the saucepan from heat and let it sit for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Fluff the millet with a fork and transfer it to a serving bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Stirring

Drizzle honey over the millet and sprinkle with cinnamon. Stir well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve warm and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 378 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 78 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	78 g	141.82%	156%
Fibers	7 g	18.42%	28%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	3 mg	0.3%	0.3%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	24 mg	300%	133.33%
Potassium	285 mg	8.38%	10.96%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Drinks

Salads

Sauces & Dressings

Difficulty Level

Medium

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