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Cream of Wheat · ·

Cream of Wheat is a hot cereal made from wheat semolina. It is often consumed as a breakfast dish and can be topped with various ingredients such as fruits, nuts, or sweeteners. Cream of Wheat has a smooth and creamy texture and is a popular comfort food.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	cream of wheat
400 ml	Water
20 g	sugar
100 ml	Milk
50 g	fruit (optional)

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stirring

Slowly add Cream of Wheat to the boiling water, stirring constantly.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Simmering

Reduce heat to low and simmer for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Resting

Remove from heat and let it rest for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot with sugar, milk, and optional fruits.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 130 kcal

Fat: 0 g

Protein: 3 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	1 g	2.63%	4%
Sugars	1 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	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter Spring

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Difficulty Level

Easy

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