



Aloha Oatmeal

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



972 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 serving almonds toasted sliced
- 0.5 cup banana chopped
- 1 serving canola oil
- 1 serving golden raisins
- 1 serving honey to taste
- 1 serving kosher salt
- 1 serving water hot to taste
- 0.5 cup pineapple fresh diced

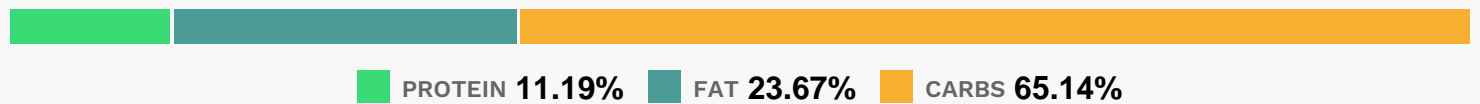
- 1 cup irish oats
- 1 serving coconut sweetened toasted

Equipment

Directions

- Cook oats according to package instructions, but adding 1/2 cup more water. As soon as the oats boil, add some golden raisins, a drizzle of sunflower or canola oil, and a pinch or two of kosher salt.
- When the oats are done, stir in a spoonful or two of honey to taste and hot milk or water to get the consistency you like.
- Add banana, pineapple, and some toasted sliced almonds. Top with toasted sweetened coconut.

Nutrition Facts



Properties

Glycemic Index:289.38, Glycemic Load:79.98, Inflammation Score:-5, Nutrition Score:17.396956319394%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 971.59kcal (48.58%), Fat: 26.46g (40.71%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 163.87g (54.62%), Net Carbohydrates: 141.72g (51.54%), Sugar: 41.19g (45.77%), Cholesterol: 0mg (0%), Sodium: 213.93mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.29%), Fiber: 22.14g (88.57%), Vitamin C: 46.96mg (56.92%), Manganese: 1.1mg (54.91%), Iron: 7.68mg (42.66%), Vitamin B6: 0.47mg (23.39%), Vitamin E: 2.83mg (18.89%), Potassium: 596.84mg (17.05%), Copper: 0.31mg (15.6%), Calcium: 120.81mg (12.08%), Magnesium: 46.37mg (11.59%), Vitamin K: 11.98µg (11.41%), Vitamin B2: 0.15mg (8.98%), Folate: 31.36µg (7.84%), Vitamin B3:

1.31mg (6.53%), Phosphorus: 63.69mg (6.37%), Vitamin B1: 0.09mg (6.2%), Vitamin B5: 0.48mg (4.79%), Zinc: 0.39mg (2.57%), Vitamin A: 95.86IU (1.92%), Selenium: 1.3µg (1.86%)