



AVENA DRINK (AVENA COLOMBIANA)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 pinch ground cloves
- ☐ 4 cups milk
- ☐ 0.5 cup old fashioned oatmeal
- ☐ 3.5 tablespoons sugar
- ☐ 1 cup water

Equipment

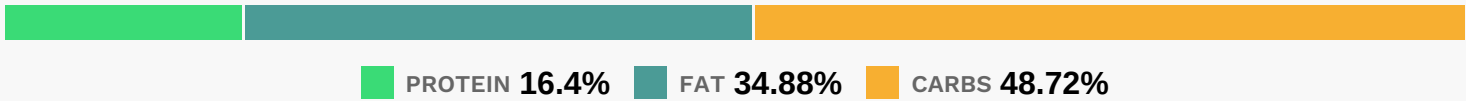
- ☐ pot

- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Place the water, milk and oatmeal in a medium pot over medium heat and cook about 15 minutes, stirring often with a wooden spoon.
- ☐ Add the cinnamon stick, ground cloves and sugar and reduce the heat to low. Simmer for 15 more minutes.
- ☐ Remove the pot from the heat and set aside to cool.
- ☐ Place the oatmeal mixture in a plastic container and refrigerate for a least 3 hours.Discard the cinnamon stick and place the mixture in a blender and blend for 2 minutes.
- ☐ Add more water if you like a thinner consistency.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:13.49, Inflammation Score:-4, Nutrition Score:9.6708695826971%

Nutrients (% of daily need)

Calories: 209.76kcal (10.49%), Fat: 8.3g (12.77%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 25.11g (9.13%), Sugar: 22.31g (24.79%), Cholesterol: 29.28mg (9.76%), Sodium: 97.11mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Calcium: 313.55mg (31.35%), Phosphorus: 269.48mg (26.95%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (20.22%), Vitamin D: 2.68µg (17.89%), Manganese: 0.35mg (17.36%), Potassium: 390.65mg (11.16%), Vitamin B1: 0.16mg (10.6%), Vitamin B5: 1mg (10.04%), Magnesium: 38.34mg (9.58%), Selenium: 6.3µg (9%), Zinc: 1.32mg (8.77%), Vitamin A: 397.9IU (7.96%), Vitamin B6: 0.15mg (7.59%), Fiber: 0.97g (3.88%), Iron: 0.34mg (1.91%), Copper: 0.04mg (1.86%), Vitamin B3: 0.33mg (1.67%), Vitamin E: 0.17mg (1.12%), Vitamin K: 1.13µg (1.07%)