

Banana-Chocolate Chip Gran-Oatmeal

 **Gluten Free**

READY IN



5 min.

SERVINGS



1

CALORIES



26 kcal

SIDE DISH

Ingredients

- ☐ 1 serving crunchy peanut butter
- ☐ 1 serving milk low-fat
- ☐ 1 serving semi chocolate chips
- ☐ 1 slices banana fresh

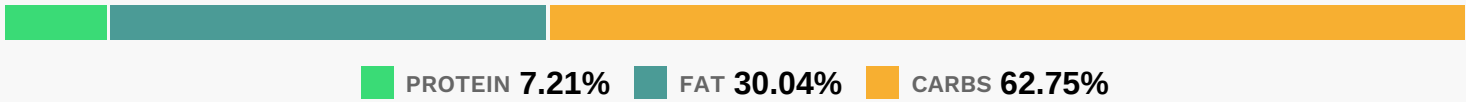
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ In microwavable bowl, place 2 granola bars; top with 1/3 cup low-fat milk. Microwave 25 to 30 seconds or until milk is warm.
- ☐ Using spoon, break bars in milk into granola pieces. Top with 2 tablespoons semisweet chocolate chips and two-thirds of a fresh banana, sliced.

Nutrition Facts



Properties

Glycemic Index:54.78, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:1.0878260864512%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.35kcal (1.32%), Fat: 0.94g (1.45%), Saturated Fat: 0.32g (2%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.86g (1.41%), Sugar: 2.45g (2.73%), Cholesterol: 0.11mg (0.04%), Sodium: 5.51mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Manganese: 0.07mg (3.72%), Vitamin B6: 0.06mg (3.19%), Fiber: 0.58g (2.3%), Potassium: 71.99mg (2.06%), Magnesium: 7.8mg (1.95%), Vitamin C: 1.39mg (1.69%), Copper: 0.03mg (1.54%), Vitamin B3: 0.25mg (1.26%), Folate: 4.14µg (1.03%), Phosphorus: 10.34mg (1.03%)