



## Banana Nut Oatmeal

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



1

CALORIES



560 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 banana peeled
- 1 teaspoon flax seeds
- 3 tablespoons honey
- 0.3 cup cooking oats quick
- 0.5 cup skim milk
- 2 tablespoons walnuts chopped

### Equipment

- bowl

microwave

## Directions

Combine the oats, milk, flax seeds, walnuts, honey, and banana in a microwave-safe bowl. Cook in microwave on High for 2 minutes. Mash the banana with a fork and stir into the mixture.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:257.3, Glycemic Load:50.16, Inflammation Score:-7, Nutrition Score:20.45999988784%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 560.21kcal (28.01%), Fat: 16.19g (24.9%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 102.23g (34.08%), Net Carbohydrates: 94.98g (34.54%), Sugar: 73.16g (81.29%), Cholesterol: 3.67mg (1.23%), Sodium: 55.83mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Manganese: 2mg (100.08%), Magnesium: 145.91mg (36.48%), Phosphorus: 340.85mg (34.09%), Vitamin B6: 0.66mg (33.05%), Fiber: 7.26g (29.03%), Copper: 0.55mg (27.34%), Potassium: 844.93mg (24.14%), Vitamin B1: 0.33mg (22.14%), Calcium: 208.16mg (20.82%), Vitamin B2: 0.33mg (19.39%), Selenium: 12.77µg (18.24%), Zinc: 2.26mg (15.09%), Folate: 56.01µg (14%), Vitamin C: 10.86mg (13.16%), Iron: 2.27mg (12.59%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.16mg (11.62%), Vitamin D: 1.35µg (8.98%), Vitamin B3: 1.49mg (7.44%), Vitamin A: 329.42IU (6.59%), Vitamin E: 0.41mg (2.73%), Vitamin K: 1.91µg (1.82%)