

# Blueberry Oatmeal

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



426 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.8 cup blueberries fresh unsweetened thawed
- 0.3 cup brown sugar packed
- 0.5 teaspoon ground cinnamon
- 1.8 cups milk 2%
- 1 cup oats
- 0.1 teaspoon salt

## Equipment

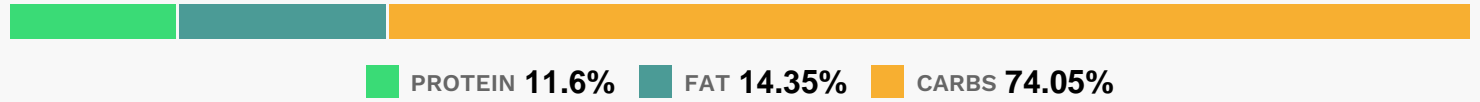
- bowl

sauce pan

## Directions

In a small saucepan, bring milk to a boil. Stir in oats and salt. Cook over medium heat for 1–2 minutes or until thickened, stirring occasionally. Stir in brown sugar and cinnamon. Divide between two serving bowls; top with blueberries.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:18.18, Inflammation Score:-7, Nutrition Score:18.831738969554%

## Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 425.86kcal (21.29%), Fat: 7.06g (10.87%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 81.97g (27.32%), Net Carbohydrates: 76.56g (27.84%), Sugar: 52.13g (57.92%), Cholesterol: 16.52mg (5.51%), Sodium: 254.49mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.69%), Manganese: 2.07mg (103.49%), Phosphorus: 384.1mg (38.41%), Magnesium: 139.11mg (34.78%), Calcium: 305.72mg (30.57%), Selenium: 19.46µg (27.8%), Vitamin B2: 0.45mg (26.68%), Fiber: 5.41g (21.63%), Vitamin B1: 0.32mg (21.34%), Vitamin B12: 1.09µg (18.24%), Zinc: 2.4mg (15.99%), Potassium: 527.92mg (15.08%), Iron: 2.38mg (13.23%), Vitamin K: 12.58µg (11.98%), Vitamin B5: 1.14mg (11.42%), Copper: 0.21mg (10.65%), Vitamin B6: 0.16mg (8.18%), Vitamin C: 5.82mg (7.05%), Folate: 27.02µg (6.76%), Vitamin A: 242.07IU (4.84%), Vitamin E: 0.67mg (4.49%), Vitamin B3: 0.8mg (4.01%)