



Blueberry-Walnut Oatmeal

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



82 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup blueberries
- 2 Tbsp granular no-calorie sweetener
- 0.5 cup nonfat yogurt plain greek-style
- 0.5 cup quick-cooking oats
- 2 Tbsp planters walnuts toasted chopped
- 0.8 cup water

Equipment

- bowl

microwave

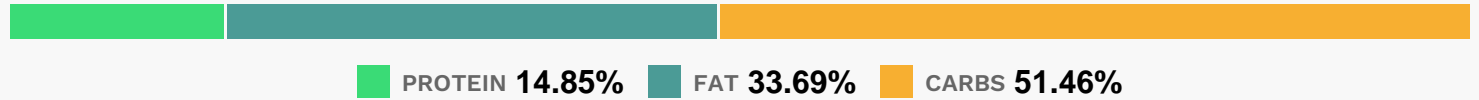
Directions

Combine first 4 ingredients in microwaveable bowl.

Microwave on HIGH 1 min.; stir.

Top with yogurt and nuts.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:4.42, Inflammation Score:-2, Nutrition Score:4.5695651853862%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 82.43kcal (4.12%), Fat: 3.26g (5.01%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 9.81g (3.57%), Sugar: 4.54g (5.04%), Cholesterol: 0.49mg (0.16%), Sodium: 21.11mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Manganese: 0.54mg (26.81%), Phosphorus: 91.22mg (9.12%), Magnesium: 34.11mg (8.53%), Calcium: 58.44mg (5.84%), Copper: 0.11mg (5.57%), Fiber: 1.39g (5.54%), Selenium: 3.85µg (5.5%), Vitamin B1: 0.07mg (4.98%), Vitamin B2: 0.08mg (4.65%), Zinc: 0.65mg (4.32%), Potassium: 120.59mg (3.45%), Vitamin K: 3.27µg (3.12%), Iron: 0.56mg (3.09%), Folate: 10.34µg (2.59%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.05mg (2.51%), Vitamin B12: 0.15µg (2.49%), Vitamin C: 1.71mg (2.07%), Vitamin E: 0.17mg (1.13%), Vitamin B3: 0.2mg (1.02%)