



Camper's Fruity Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups rolled oats
- 0.5 cup cranberries dried
- 0.5 teaspoon salt
- 5 cups water
- 15 oz peaches drained sliced canned
- 2 tablespoons almonds chopped
- 1 serving brown sugar

Equipment

sauce pan

ziploc bags

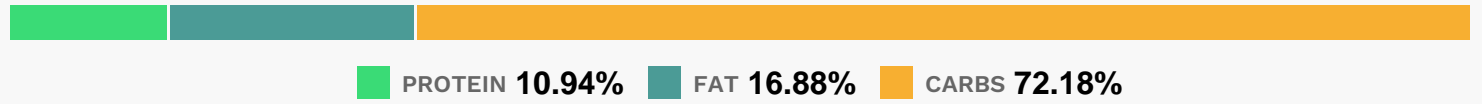
Directions

In resealable food-storage plastic bag, mix oats, cranberries and salt.

In 2-quart saucepan, heat water to boiling. Stir in oats mixture. Cook over medium heat about 5 minutes, stirring occasionally, until thick and creamy. Stir in peaches (chop if desired) and almonds.

Sprinkle with brown sugar.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:11.82, Inflammation Score:-5, Nutrition Score:12.050869713659%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 236.36kcal (11.82%), Fat: 4.61g (7.09%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 38.23g (13.9%), Sugar: 14.47g (16.08%), Cholesterol: 0mg (0%), Sodium: 216.02mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Manganese: 1.62mg (80.94%), Fiber: 6.11g (24.44%), Phosphorus: 198.68mg (19.87%), Selenium: 13.41µg (19.16%), Magnesium: 73.06mg (18.26%), Copper: 0.29mg (14.33%), Vitamin B1: 0.21mg (14.11%), Iron: 2.13mg (11.85%), Zinc: 1.77mg (11.82%), Vitamin E: 1.75mg (11.69%), Potassium: 263.53mg (7.53%), Vitamin B2: 0.13mg (7.39%), Vitamin B5: 0.6mg (6.01%), Vitamin B3: 1.2mg (6.01%), Folate: 18.7µg (4.67%), Vitamin A: 231.08IU (4.62%), Calcium: 40.38mg (4.04%), Vitamin C: 2.93mg (3.55%), Vitamin K: 3.7µg (3.53%), Vitamin B6: 0.07mg (3.35%)