



Camper's Fruity Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons almonds chopped
- ☐ 0.5 cup cranberries dried
- ☐ 3 cups oats
- ☐ 15 oz peaches drained sliced canned
- ☐ 0.5 teaspoon salt
- ☐ 5 cups water

Equipment

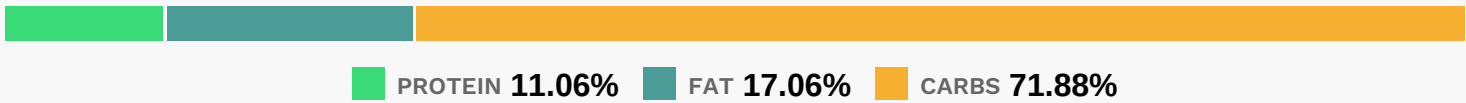
- ☐ sauce pan

☐ 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:12.04130450539%

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 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: 233.83kcal (11.69%), Fat: 4.61g (7.09%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 37.58g (13.66%), Sugar: 13.83g (15.36%), Cholesterol: 0mg (0%), Sodium: 215.83mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Manganese: 1.62mg (80.91%), Fiber: 6.11g (24.44%), Phosphorus: 198.65mg (19.86%), Selenium: 13.4µg (19.15%), Magnesium: 73mg (18.25%), Copper: 0.29mg (14.31%), Vitamin B1: 0.21mg (14.11%), Iron: 2.13mg (11.83%), Zinc: 1.77mg (11.82%), Vitamin E: 1.75mg (11.69%), Potassium: 262.65mg (7.5%), Vitamin B2: 0.13mg (7.39%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.6mg (6%), Folate: 18.69µg (4.67%), Vitamin A: 231.08IU (4.62%), Calcium: 39.83mg (3.98%), Vitamin C: 2.93mg (3.55%), Vitamin K: 3.7µg (3.53%), Vitamin B6: 0.07mg (3.33%)