



## Chai Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 chai spiced tea bags
- 0.3 tsp cinnamon
- 0.5 cup oats instant
- 1 tsp pumpkin pie spice

### Equipment

- stove
- microwave

## Directions

- Heat 1 cup of water for two minutes on high in the microwave or bring to a boil on the stove top.
- Add tea bag and steep for four minutes. Carefully remove and discard tea bag.
- Combine tea with oatmeal and cook as directed on the oatmeal packaging. Once oatmeal is cooked, sweeten with raw sugar or agave if desired.
- Add spices, then stir to completely combine. Top off with fresh berries of choice (I like raspberry best).

- Amount Per Serving
- Calories
- NA Fat
- NA Carbohydrate
- NA Dietary Fiber NA Sugars NA Protein NA

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:9.35, Inflammation Score:-3, Nutrition Score:10.073043512261%

## Nutrients (% of daily need)

Calories: 161.07kcal (8.05%), Fat: 2.87g (4.41%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 24.46g (8.89%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 3.38mg (0.15%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Manganese: 1.85mg (92.72%), Fiber: 4.69g (18.77%), Selenium: 11.89µg (16.99%), Phosphorus: 168.64mg (16.86%), Magnesium: 58.65mg (14.66%), Vitamin B1: 0.19mg (12.59%), Iron: 2.11mg (11.73%), Zinc: 1.53mg (10.19%), Copper: 0.17mg (8.45%), Potassium: 160.83mg (4.6%), Vitamin B5: 0.46mg (4.56%), Calcium: 39.19mg (3.92%), Vitamin B2: 0.07mg (3.85%), Folate: 13.42µg (3.35%), Vitamin B3: 0.5mg (2.5%), Vitamin B6: 0.05mg (2.42%), Vitamin E: 0.22mg (1.45%), Vitamin K: 1.5µg (1.43%)