



Cherry Almond Oatmeal

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3.5 cups vanilla almond milk sweetened
- 0.5 cup cherries dried
- 2 cups rolled oats
- 0.1 teaspoon salt

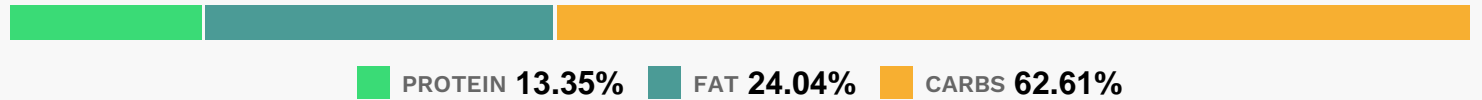
Equipment

- bowl
- microwave

Directions

- Stir together oats, almond milk, and salt in a large microwave-safe bowl. Microwave on High for 5 to 6 minutes, stirring every 2 minutes, until oats are soft and most of the liquid has been absorbed. Stir in cherries.
- Spoon into bowls and serve while hot.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:10.388261000747%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 195.14kcal (9.76%), Fat: 5.3g (8.16%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 25.97g (9.44%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 359.48mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Manganese: 1.48mg (74.19%), Calcium: 285.87mg (28.59%), Fiber: 5.11g (20.45%), Phosphorus: 169.84mg (16.98%), Selenium: 11.72µg (16.74%), Magnesium: 57.85mg (14.46%), Vitamin B1: 0.19mg (12.74%), Zinc: 1.49mg (9.92%), Iron: 1.79mg (9.92%), Copper: 0.17mg (8.45%), Potassium: 185.07mg (5.29%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.07mg (4.03%), Folate: 13.66µg (3.42%), Vitamin B6: 0.05mg (2.45%), Vitamin B3: 0.48mg (2.4%), Vitamin C: 1.21mg (1.46%), Vitamin E: 0.18mg (1.22%), Vitamin K: 1.17µg (1.12%)