



 **30%**
HEALTH SCORE

Chilled Swiss Oatmeal

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



605 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup oatmeal instant (may use steel cut but not the kind)
- 0.5 cup oatmeal instant (may use steel cut but not the kind)
- 6 oz vanilla yogurt plain low-fat for sweetness (if using yogurt, add honey)
- 0.3 cup milk
- 1 small apples chopped
- 1 small banana chopped
- 2 tablespoon cranberries dried
- 1 tablespoon walnuts

Equipment

bowl

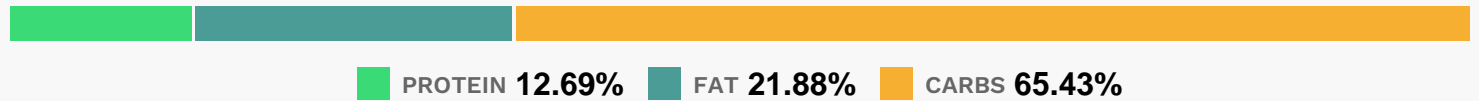
Directions

-In a small bowl, add oatmeal, yogurt, milk and combine.

Let it sit for few minutes or several hours in the refrigerator. Then add apples, banana, dried fruits and stir until well combined. Top with nuts before serving. Note: it tastes best when allowed to sit overnight.

Add fruits right before serving to prevent browning and being mushy.

Nutrition Facts



Properties

Glycemic Index:310.78, Glycemic Load:33.85, Inflammation Score:-7, Nutrition Score:28.22%

Flavonoids

Cyanidin: 16.34mg, Cyanidin: 16.34mg, Cyanidin: 16.34mg, Cyanidin: 16.34mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.57mg, Peonidin: 14.57mg, Peonidin: 14.57mg, Peonidin: 14.57mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 605.42kcal (30.27%), Fat: 15.42g (23.72%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 103.78g (34.59%), Net Carbohydrates: 91.88g (33.41%), Sugar: 57.36g (63.73%), Cholesterol: 18.26mg (6.09%), Sodium: 155.8mg (6.77%), Protein: 20.12g (40.25%), Manganese: 2.14mg (106.81%), Phosphorus: 567.91mg (56.79%), Fiber: 11.9g (47.61%), Calcium: 438.06mg (43.81%), Magnesium: 152.27mg (38.07%), Vitamin B2: 0.62mg (36.76%),

Potassium: 1246.62mg (35.62%), Selenium: 24.01µg (34.3%), Vitamin B6: 0.64mg (32.01%), Zinc: 4.63mg (30.84%),
Vitamin B1: 0.39mg (25.91%), Vitamin C: 21.27mg (25.78%), Vitamin B5: 2.54mg (25.4%), Copper: 0.49mg (24.51%),
Vitamin B12: 1.34µg (22.35%), Folate: 67.48µg (16.87%), Iron: 3.02mg (16.77%), Vitamin B3: 1.74mg (8.71%), Vitamin A:
369.75IU (7.39%), Vitamin E: 1.09mg (7.27%), Vitamin K: 6.65µg (6.33%), Vitamin D: 0.89µg (5.96%)