



 **27%**
HEALTH SCORE

Chocolate, Pb and Banana Oats

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 banana mashed
- 2 teaspoons brown sugar
- 2 teaspoons brown sugar
- 4 teaspoons cocoa powder
- 0.5 cup rolled oats
- 1 teaspoon peanut butter
- 1 cup skim milk

Equipment

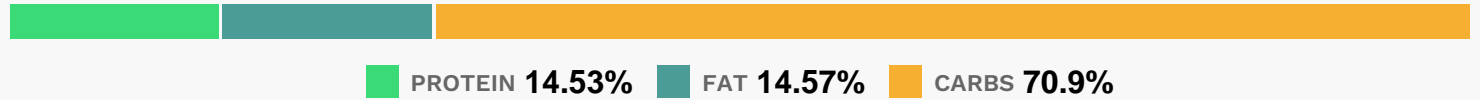
sauce pan

Directions

In a medium saucepan combine milk and oats. Bring to a boil. Stir in cocoa powder, peanut butter, banana and brown sugar. Cook for 5 minutes stirring constantly.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71.01, Glycemic Load:13.29, Inflammation Score:-5, Nutrition Score:12.828260869565%

Flavonoids

Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg, Epicatechin: 3.94mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 229.82kcal (11.49%), Fat: 3.93g (6.05%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 38.55g (14.02%), Sugar: 21.8g (24.22%), Cholesterol: 3.68mg (1.23%), Sodium: 71.85mg (3.12%), Caffeine: 4.6mg (1.53%), Protein: 8.82g (17.64%), Manganese: 1.04mg (51.96%), Phosphorus: 255.72mg (25.57%), Magnesium: 76.06mg (19.02%), Calcium: 186.35mg (18.64%), Fiber: 4.51g (18.05%), Vitamin B6: 0.33mg (16.56%), Potassium: 552.77mg (15.79%), Vitamin B2: 0.25mg (14.55%), Selenium: 9.44µg (13.49%), Vitamin B1: 0.19mg (12.48%), Vitamin B12: 0.71µg (11.84%), Copper: 0.22mg (11.2%), Zinc: 1.62mg (10.79%), Vitamin B5: 0.92mg (9.19%), Vitamin D: 1.35µg (8.98%), Iron: 1.42mg (7.88%), Vitamin B3: 1.35mg (6.74%), Folate: 24.9µg (6.22%), Vitamin C: 5.13mg (6.22%), Vitamin A: 287.66IU (5.75%), Vitamin E: 0.51mg (3.4%)