



 **15%**
HEALTH SCORE

Chocolatey Overnight Oats with Strawberries

 **Gluten Free**

READY IN



45 min.

SERVINGS



1

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

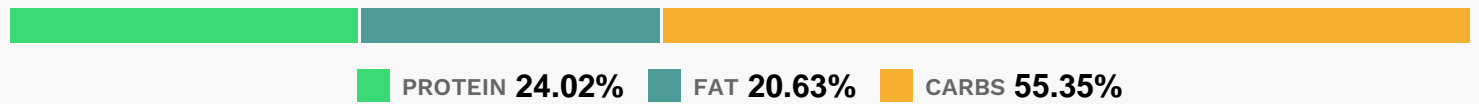
- 1 tsp agave nectar (or honey)
- 0.3 cup vanilla almond milk
- 0.5 Tbs chia seeds
- 1 Tbs cocoa powder
- 0.5 cup nonfat greek yogurt
- 0.3 cup oatmeal
- 0.3 cup oatmeal
- 3 large strawberries sliced

Equipment

Directions

- Mix all the ingredients, except for the strawberries.
- Place a bit of the oatmeal batter into a jar or other airtight container.
- Add slices of strawberries on top.
- Add another layer of oatmeal batter and strawberries. Top with the remaining oatmeal batter. Put it in the refrigerator overnight. Enjoy!

Nutrition Facts



Properties

Glycemic Index:176, Glycemic Load:12.32, Inflammation Score:-6, Nutrition Score:19.912173913043%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg, Pelargonidin: 20.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 10.95mg, Epicatechin: 10.95mg, Epicatechin: 10.95mg, Epicatechin: 10.95mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 29.9%, Sourness: 43.44%, Bitterness: 13.67%, Savoriness: 24.32%, Fattiness: 44.77%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 271.89kcal (13.59%), Fat: 6.59g (10.14%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 31.2g (11.34%), Sugar: 12.52g (13.91%), Cholesterol: 5mg (1.67%), Sodium: 153.74mg (6.68%), Caffeine: 12.42mg (4.14%), Protein: 17.27g (34.53%), Manganese: 1.59mg (79.74%), Vitamin C: 48.9mg (59.27%), Phosphorus: 366.52mg (36.65%), Fiber: 8.59g (34.36%), Selenium: 22.83µg (32.61%), Calcium: 282.8mg (28.28%), Magnesium: 110.65mg (27.66%), Copper: 0.43mg (21.59%), Vitamin B2: 0.36mg (21.08%), Zinc: 2.84mg (18.95%), Iron: 3.02mg (16.79%), Vitamin B1: 0.21mg (13.97%), Potassium: 480.59mg (13.73%), Vitamin B12: 0.7µg (11.67%), Folate: 42.51µg (10.63%), Vitamin B5: 0.93mg (9.3%), Vitamin B3: 1.57mg (7.84%), Vitamin B6: 0.13mg (6.62%), Vitamin K: 3.94µg (3.75%), Vitamin E: 0.47mg (3.15%)