



Cinnamon-Raisin Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 Dash ground cinnamon
- 1 ounce oatmeal instant
- 1 tablespoon raisins

Equipment

Directions

Prepare instant oatmeal with water, according to package directions. Stir raisins into prepared oatmeal, and sprinkle with sweetener and cinnamon.

carbo rating: 23

Nutrition Facts



Properties

Glycemic Index:146.8, Glycemic Load:19.79, Inflammation Score:-2, Nutrition Score:4.8173912979015%

Nutrients (% of daily need)

Calories: 150.91kcal (7.55%), Fat: 1.88g (2.89%), Saturated Fat: 0.34g (2.16%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 27.24g (9.91%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 5.43mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Fiber: 4.33g (17.32%), Vitamin B1: 0.22mg (14.93%), Phosphorus: 146.27mg (14.63%), Magnesium: 47.06mg (11.76%), Manganese: 0.21mg (10.74%), Iron: 1.66mg (9.24%), Potassium: 227.28mg (6.49%), Zinc: 0.92mg (6.1%), Vitamin B2: 0.07mg (3.96%), Vitamin B6: 0.06mg (3.19%), Calcium: 28.96mg (2.9%), Copper: 0.05mg (2.43%), Folate: 9.58µg (2.4%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.16mg (1.04%), Vitamin C: 0.85mg (1.03%)