



Cocoa Oatmeal



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



429 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana mashed
- ☐ 1 teaspoon cinnamon
- ☐ 1.5 tablespoons cocoa powder
- ☐ 3 tablespoons ground flax seed
- ☐ 2 cups milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1.5 cups steel-cut oats
- ☐ 0.3 cup walnut halves

☐ 1 cup water

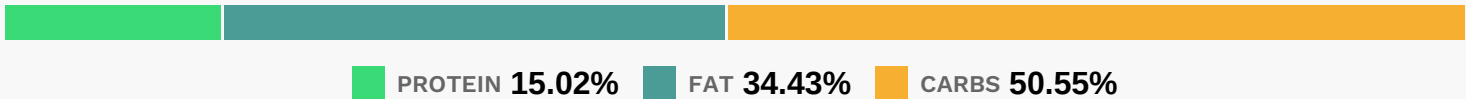
Equipment

☐ sauce pan

Directions

- ☐ Stir 2 cups water, milk, and oats together in a large saucepan; bring to a boil. Reduce heat to medium-low and cook oats at a simmer until softened and beginning to thicken, about 15 minutes.
- ☐ Stir 1 cup water, mashed banana, flax seed, cocoa powder, cinnamon, and nutmeg through the oats; continue cooking at a simmer until thick, about 10 minutes. Fold walnuts into the oatmeal.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:24.43, Inflammation Score:-5, Nutrition Score:12.32173904647%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg, Epicatechin: 3.69mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 429.02kcal (21.45%), Fat: 17.08g (26.28%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 45.99g (16.72%), Sugar: 9.88g (10.98%), Cholesterol: 14.64mg (4.88%), Sodium: 51.85mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.31mg (1.44%), Protein: 16.76g (33.52%), Fiber: 10.44g (41.75%), Manganese: 0.71mg (35.53%), Calcium: 213.89mg (21.39%), Phosphorus: 211.5mg (21.15%), Iron: 3.45mg (19.17%), Magnesium: 69.07mg (17.27%), Copper: 0.33mg (16.34%), Vitamin B1: 0.2mg (13.25%), Vitamin B6: 0.26mg (13.15%), Vitamin B2: 0.22mg (12.81%), Potassium: 405.38mg (11.58%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Zinc: 1.22mg (8.13%), Selenium: 4.71µg (6.73%), Vitamin B5: 0.67mg (6.67%), Folate: 20.75µg (5.19%), Vitamin A: 220.07IU (4.4%), Vitamin C: 2.75mg (3.33%), Vitamin B3: 0.64mg (3.22%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.21µg (1.15%)