



Color Your Own Overnight Oatmeal



Vegetarian



Gluten Free



Popular

READY IN



480 min.

SERVINGS



1

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



6 oz yogurt yoplait®



0.3 cup oats uncooked



0.3 cup fruit (see ideas below)

Equipment

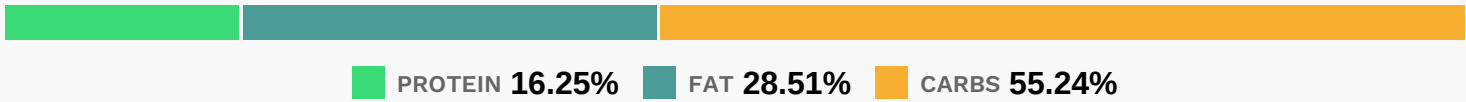
Directions



In container with tight-fitting cover, mix yogurt and uncooked oats. Stir in desired fruit.

Cover; refrigerate at least 8 hours but no longer than 3 days before eating.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:9.25, Inflammation Score:-5, Nutrition Score:10.812608677408%

Nutrients (% of daily need)

Calories: 212.73kcal (10.64%), Fat: 6.98g (10.74%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 27.57g (10.03%), Sugar: 14.88g (16.53%), Cholesterol: 22.11mg (7.37%), Sodium: 81.82mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Manganese: 0.89mg (44.72%), Phosphorus: 261.54mg (26.15%), Calcium: 218.31mg (21.83%), Magnesium: 78.1mg (19.53%), Vitamin B2: 0.28mg (16.48%), Selenium: 10.63µg (15.19%), Fiber: 2.85g (11.41%), Zinc: 1.71mg (11.37%), Potassium: 388.95mg (11.11%), Vitamin B1: 0.17mg (11.06%), Vitamin B12: 0.63µg (10.49%), Vitamin B5: 0.83mg (8.3%), Vitamin A: 347.33IU (6.95%), Copper: 0.13mg (6.74%), Iron: 1.21mg (6.72%), Folate: 19.58µg (4.89%), Vitamin B6: 0.08mg (4.21%), Vitamin K: 3.71µg (3.54%), Vitamin B3: 0.53mg (2.63%), Vitamin C: 2.15mg (2.61%), Vitamin E: 0.24mg (1.63%), Vitamin D: 0.17µg (1.13%)