



Dominican Style Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1.5 cups milk
- 0.5 cup cooking oats quick
- 1 pinch salt
- 2 tablespoons sugar white

Equipment

- sauce pan

Directions

- Combine milk, oats, sugar, cinnamon, nutmeg, and salt in a saucepan. Bring to a boil, stirring constantly for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:124.05, Glycemic Load:19.47, Inflammation Score:-5, Nutrition Score:11.237391296855%

Nutrients (% of daily need)

Calories: 234.45kcal (11.72%), Fat: 7.47g (11.49%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 32.62g (11.86%), Sugar: 21.21g (23.57%), Cholesterol: 21.96mg (7.32%), Sodium: 89.75mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Manganese: 0.94mg (46.88%), Phosphorus: 278.89mg (27.89%), Calcium: 238.17mg (23.82%), Magnesium: 77.76mg (19.44%), Vitamin B12: 0.99µg (16.47%), Vitamin B2: 0.28mg (16.44%), Selenium: 10.46µg (14.94%), Vitamin B1: 0.21mg (14.25%), Vitamin D: 2.01µg (13.42%), Potassium: 350.14mg (10%), Zinc: 1.42mg (9.44%), Fiber: 2.14g (8.57%), Vitamin B5: 0.83mg (8.27%), Vitamin B6: 0.13mg (6.65%), Vitamin A: 297.71IU (5.95%), Iron: 0.98mg (5.46%), Copper: 0.08mg (4.18%), Vitamin B3: 0.37mg (1.84%), Folate: 6.88µg (1.72%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.28µg (1.21%)