

Instant Oatmeal Mix

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



20

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup brown sugar
- 1 cup confectioners' sugar
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 1 cup nonfat milk powder dry
- 0.5 teaspoon pumpkin pie spice
- 2 teaspoons salt

Equipment

bowl

Directions

Combine the powdered milk, confectioners' sugar, brown sugar, salt, cinnamon, pumpkin pie spice, nutmeg, and cardamom in a bowl. Stir to mix thoroughly, and store in an airtight container.

Nutrition Facts

PROTEIN 11.66% **FAT 0.86%** **CARBS 87.48%**

Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1747826237393%

Nutrients (% of daily need)

Calories: 73.61kcal (3.68%), Fat: 0.07g (0.11%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 16.37g (5.95%), Sugar: 16.12g (17.91%), Cholesterol: 1.2mg (0.4%), Sodium: 266.87mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Calcium: 83.33mg (8.33%), Phosphorus: 58.6mg (5.86%), Vitamin B2: 0.09mg (5.55%), Vitamin D: 0.66µg (4.4%), Vitamin B12: 0.24µg (4.03%), Potassium: 118.26mg (3.38%), Vitamin A: 131.22IU (2.62%), Selenium: 1.77µg (2.53%), Vitamin B5: 0.22mg (2.24%), Magnesium: 7.49mg (1.87%), Manganese: 0.03mg (1.68%), Vitamin B1: 0.03mg (1.68%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.26%)