

## Mock Oatmeal

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup ricotta cheese
- 1 tablespoon granular sucrolose sweetener splenda® (such as )
- 1 teaspoon vanilla extract

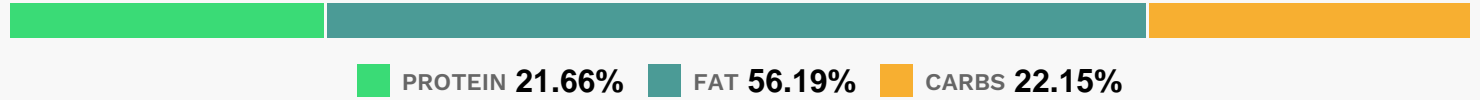
### Equipment

- bowl
- oven
- plastic wrap
- microwave

## Directions

- In a cereal bowl, stir together the ricotta cheese, sweetener and vanilla. Cover with plastic wrap, and poke a hole to vent steam.
- Heat in the microwave oven for 2 to 3 minutes, until hot.
- Remove plastic wrap, stir and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.0995652468308%

## Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 16.1g (24.77%), Saturated Fat: 10.29g (64.29%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 6.78g (2.46%), Sugar: 3.34g (3.71%), Cholesterol: 63.24mg (21.08%), Sodium: 104.52mg (4.54%), Alcohol: 1.38g (100%), Alcohol %: 1.26% (100%), Protein: 13.96g (27.93%), Calcium: 257.12mg (25.71%), Selenium: 17.98µg (25.69%), Phosphorus: 196.16mg (19.62%), Vitamin B2: 0.25mg (14.45%), Vitamin A: 551.8IU (11.04%), Zinc: 1.44mg (9.62%), Vitamin B12: 0.42µg (7.03%), Potassium: 136.12mg (3.89%), Folate: 14.88µg (3.72%), Magnesium: 14.12mg (3.53%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.27mg (2.66%), Iron: 0.48mg (2.64%), Vitamin D: 0.25µg (1.65%), Copper: 0.03mg (1.45%), Vitamin K: 1.36µg (1.3%), Vitamin B1: 0.02mg (1.1%)