



Nutty Cinnamon Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 Dash ground cinnamon



1 ounce oatmeal instant



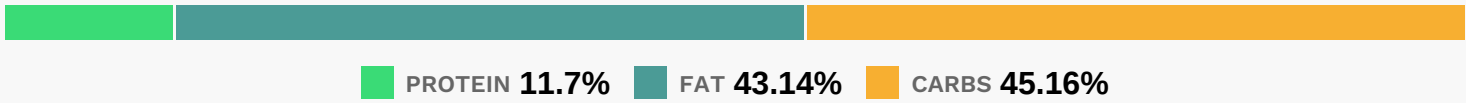
1 tablespoon pecans chopped

Equipment

Directions

- ☐
- Prepare instant oatmeal with water, according to package directions. Stir pecans into prepared oatmeal, and sprinkle with sweetener and cinnamon.
- ☐
- carbo rating: 16

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:13.52, Inflammation Score:-3, Nutrition Score:6.1886955622746%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 175.61kcal (8.78%), Fat: 9g (13.84%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 16.92g (6.15%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 1.23mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Manganese: 0.62mg (31.23%), Vitamin B1: 0.27mg (18.21%), Fiber: 4.27g (17.08%), Phosphorus: 162.72mg (16.27%), Magnesium: 54.66mg (13.66%), Zinc: 1.34mg (8.94%), Iron: 1.53mg (8.48%), Copper: 0.12mg (6.17%), Potassium: 144.53mg (4.13%), Calcium: 31.76mg (3.18%), Vitamin B2: 0.05mg (3.12%), Folate: 11.33µg (2.83%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.3mg (1.98%), Vitamin B3: 0.35mg (1.76%)