



Oat Breakfast Smoothie



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients



1 cup banana ripe sliced



0.5 cup ready-to-eat oat cereal



0.5 cup dates chopped



1 tablespoon juice of lemon



1 cup oat milk

Equipment

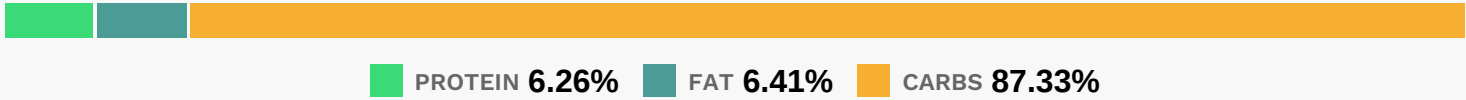


blender

Directions

 In a blender whirl 1 cup oat milk, 1/2 cup ready-to-eat oat cereal, 1 cup sliced ripe banana, 1/2 cup chopped dates, 1/2 cup ice cubes, and 1 tablespoon lemon juice to a smooth slush.

Nutrition Facts



Properties

Glycemic Index:87.89, Glycemic Load:28.59, Inflammation Score:-7, Nutrition Score:15.198695584484%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 255.63kcal (12.78%), Fat: 1.99g (3.05%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 54.43g (19.79%), Sugar: 42.23g (46.92%), Cholesterol: 0mg (0%), Sodium: 84.33mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin D: 49.45µg (329.64%), Fiber: 6.42g (25.7%), Manganese: 0.49mg (24.3%), Vitamin B6: 0.43mg (21.67%), Calcium: 209.75mg (20.97%), Vitamin B2: 0.34mg (19.81%), Potassium: 609.68mg (17.42%), Iron: 2.98mg (16.55%), Folate: 60.97µg (15.24%), Vitamin C: 10.7mg (12.97%), Magnesium: 42.49mg (10.62%), Vitamin B3: 1.91mg (9.56%), Vitamin A: 471.37IU (9.43%), Copper: 0.16mg (7.79%), Vitamin B1: 0.11mg (7.49%), Zinc: 0.93mg (6.18%), Vitamin B12: 0.36µg (5.92%), Phosphorus: 58.63mg (5.86%), Vitamin B5: 0.53mg (5.33%), Selenium: 3.17µg (4.52%), Vitamin K: 1.47µg (1.4%)