



Oatmeal Soup



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery minced
- ☐ 4.5 cups milk
- ☐ 1.5 cups rolled oats
- ☐ 1 teaspoon salt

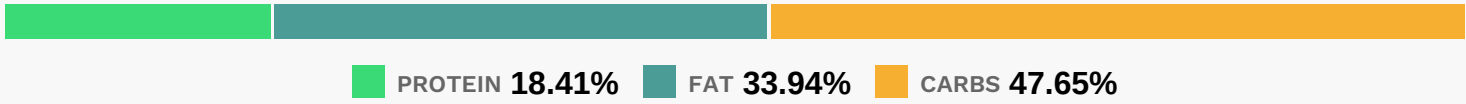
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring milk to a boil.
- ☐ Add celery and salt; boil for 1 minute. Stir in oats, simmer for at least 5 minutes, or until thick.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:11.99, Inflammation Score:-6, Nutrition Score:16.542173787304%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 283.47kcal (14.17%), Fat: 10.81g (16.63%), Saturated Fat: 5.45g (34.09%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 30.68g (11.16%), Sugar: 13.84g (15.38%), Cholesterol: 32.94mg (10.98%), Sodium: 707.7mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.38%), Manganese: 1.14mg (57.11%), Phosphorus: 407.97mg (40.8%), Calcium: 363.91mg (36.39%), Vitamin B2: 0.44mg (25.9%), Vitamin B12: 1.48µg (24.71%), Selenium: 14.11µg (20.15%), Vitamin D: 3.02µg (20.13%), Vitamin B1: 0.3mg (19.93%), Magnesium: 77.69mg (19.42%), Potassium: 587.59mg (16.79%), Zinc: 2.27mg (15.11%), Vitamin B5: 1.43mg (14.27%), Fiber: 3.47g (13.9%), Vitamin A: 558.06IU (11.16%), Vitamin B6: 0.22mg (10.83%), Vitamin K: 8.83µg (8.41%), Iron: 1.35mg (7.49%), Copper: 0.13mg (6.55%), Folate: 18.82µg (4.7%), Vitamin B3: 0.71mg (3.55%), Vitamin E: 0.33mg (2.22%)