



Overnight Honey-Almond Oatmeal

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon almonds toasted sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons pearl barley uncooked
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup steel-cut oats
- ☐ 1.3 cups water

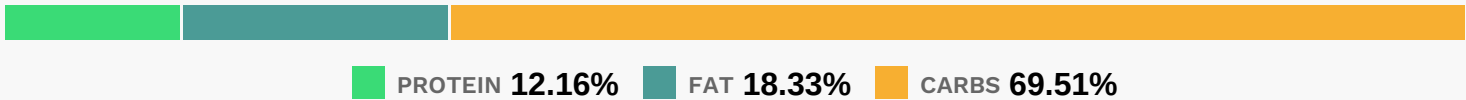
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a 1-quart microwave-safe bowl. Cover and refrigerate 4 hours or overnight.
- ☐ Uncover bowl, and stir in salt. Microwave, uncovered, at HIGH 6 minutes or until most of liquid is absorbed, stirring well after 3 minutes. Stir in honey, cinnamon, and nutmeg. Spoon evenly into 2 bowls. Top with almonds. If desired, sprinkle evenly with turbinado sugar or drizzle with 1 tablespoon honey.
- ☐ Help measure oats
- ☐ Sprinkle oatmeal with almonds
- ☐ Combine first three ingredients
- ☐ Stir in honey and spices

Nutrition Facts



Properties

Glycemic Index:97.14, Glycemic Load:12.95, Inflammation Score:-1, Nutrition Score:5.0139131247997%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.13kcal (10.86%), Fat: 4.58g (7.05%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 39.09g (13.03%),
Net Carbohydrates: 33.04g (12.02%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 154.58mg (6.72%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Fiber: 6.04g (24.18%), Manganese: 0.37mg (18.29%), Iron:
1.73mg (9.61%), Vitamin E: 1.29mg (8.59%), Selenium: 5.87µg (8.39%), Copper: 0.14mg (7.16%), Magnesium: 27.25mg
(6.81%), Phosphorus: 57.58mg (5.76%), Vitamin B2: 0.08mg (4.59%), Vitamin B3: 0.88mg (4.4%), Calcium: 38.96mg
(3.9%), Zinc: 0.52mg (3.44%), Vitamin B1: 0.04mg (2.6%), Potassium: 85.06mg (2.43%), Vitamin B6: 0.05mg
(2.42%), Folate: 5.92µg (1.48%)