



Peach Oatmeal Yogurt Parfait

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



62 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup vanilla almond milk
- 0.5 teaspoon cinnamon
- 2 teaspoons brown sugar light packed
- 0.3 cup old-fashioned rolled oats
- 1 medium peaches pitted peeled chopped
- 6 oz greek yogurt plain low-fat
- 1 pinch salt

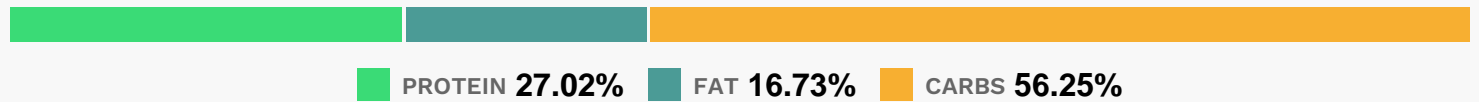
Equipment

- bowl
- sauce pan

Directions

- In a small bowl, stir together peach, brown sugar and cinnamon.
- Combine almond milk and 1/4 cup water in a small saucepan and bring to a boil over medium-high heat. Stir in oats and salt. Reduce heat to medium-low. Cook, stirring occasionally, until mixture has thickened and oats are tender, about 5 minutes.
- Remove from heat.
- Spoon oatmeal into a bowl, top with peach mixture and spoon yogurt on top.
- Sprinkle with extra cinnamon, if desired.

Nutrition Facts



Properties

Glycemic Index:17.05, Glycemic Load:1.98, Inflammation Score:-1, Nutrition Score:2.0378260612488%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 62.14kcal (3.11%), Fat: 1.18g (1.81%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.49g (6.1%), Cholesterol: 1.97mg (0.66%), Sodium: 42.56mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 0.2mg (10.07%), Calcium: 61.45mg (6.14%), Fiber: 1g (4.01%), Selenium: 1.83µg (2.61%), Vitamin A: 118.12IU (2.36%), Phosphorus: 23.41mg (2.34%), Magnesium: 8.26mg (2.06%), Copper: 0.04mg (2.03%), Vitamin B1: 0.03mg (1.73%), Iron: 0.3mg (1.68%), Vitamin E: 0.24mg (1.6%), Potassium: 54.27mg (1.55%), Vitamin C: 1.24mg (1.5%), Zinc: 0.22mg (1.47%), Vitamin B3: 0.29mg (1.46%)