



Peaches And Cream Oatmeal

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



412 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup peaches frozen
- 1 cup oats quick
- 0.5 cup skim milk
- 2 teaspoons cream cheese low fat
- 1 teaspoon agave nectar
- 0.5 teaspoon cinnamon

Equipment

- microwave

Directions

- Microwave the peaches for 30 seconds.
- Add oats, milk, cream cheese, agave and cinnamon. Microwave for 1 minute, stir, and enjoy!

Nutrition Facts



Properties

Glycemic Index:158.5, Glycemic Load:35.46, Inflammation Score:-8, Nutrition Score:23.035217391304%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Taste

Sweetness: 100%, Saltiness: 42.39%, Sourness: 43.09%, Bitterness: 22.81%, Savoriness: 33.89%, Fattiness: 59.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 411.92kcal (20.6%), Fat: 7.34g (11.29%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 65.66g (23.88%), Sugar: 17.96g (19.96%), Cholesterol: 9mg (3%), Sodium: 93.55mg (4.07%), Protein: 16.48g (32.97%), Manganese: 3.69mg (184.49%), Magnesium: 238.19mg (59.55%), Phosphorus: 526.62mg (52.66%), Selenium: 31.42µg (44.89%), Vitamin B1: 0.53mg (35.47%), Fiber: 8.75g (35%), Calcium: 226.06mg (22.61%), Iron: 4mg (22.23%), Zinc: 3.31mg (22.07%), Vitamin B2: 0.3mg (17.93%), Copper: 0.34mg (17%), Potassium: 570.87mg (16.31%), Vitamin B12: 0.8µg (13.35%), Vitamin B5: 1.16mg (11.59%), Vitamin B6: 0.19mg (9.56%), Vitamin D: 1.38µg (9.18%), Folate: 35.64µg (8.91%), Vitamin A: 432.78IU (8.66%), Vitamin E: 1mg (6.64%), Vitamin K: 6.42µg (6.11%), Vitamin B3: 1.21mg (6.07%), Vitamin C: 3.32mg (4.02%)