



Peaches-and-Cream Refrigerator Oatmeal



Vegetarian



Gluten Free

READY IN



500 min.

SERVINGS



6

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 cup milk fat-free



6 servings honey



1 cup yogurt low-fat



2 cups regular oats uncooked



0.5 cup peaches fresh chopped



6 servings peaches fresh chopped



6 jars canning jars (1-pt.)



6 jars canning (1-pt.)

Equipment

☐ canning jar

Directions

☐ Stir together uncooked oats, yogurt, milk, and 1/2 cup chopped fresh peaches. Spoon into canning jars. Cover with metal lids, and screw on bands. Shake until combined (about 30 seconds). Chill 8 to 12 hours. Top each serving with 1/4 cup chopped fresh peaches, nectarines, or oranges and 1 tsp. honey.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:14.97, Inflammation Score:-6, Nutrition Score:12.614782758381%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 223.31kcal (11.17%), Fat: 2.85g (4.39%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 38.05g (13.84%), Sugar: 23.07g (25.64%), Cholesterol: 3.67mg (1.23%), Sodium: 67.1mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.47%), Manganese: 1.07mg (53.65%), Phosphorus: 252.81mg (25.28%), Fiber: 5.04g (20.14%), Magnesium: 62.91mg (15.73%), Selenium: 10.3µg (14.71%), Calcium: 146.41mg (14.64%), Vitamin B1: 0.22mg (14.39%), Vitamin B2: 0.23mg (13.37%), Potassium: 464.28mg (13.27%), Zinc: 1.87mg (12.47%), Vitamin A: 610.76IU (12.22%), Copper: 0.24mg (11.96%), Vitamin B3: 2.08mg (10.39%), Vitamin B5: 0.97mg (9.73%), Iron: 1.67mg (9.3%), Vitamin B12: 0.47µg (7.76%), Vitamin E: 1.07mg (7.16%), Vitamin C: 4.95mg (6%), Folate: 23.27µg (5.82%), Vitamin B6: 0.11mg (5.53%), Vitamin K: 3.81µg (3.63%), Vitamin D: 0.45µg (2.99%)