



 **72%**  
HEALTH SCORE

## Peanut Butter And Chocolate Oatmeal

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup oats quick
- 1 teaspoon cocoa powder unsweetened
- 1 teaspoon agave nectar
- 1 tablespoon crunchy peanut butter organic
- 0.5 cup skim milk

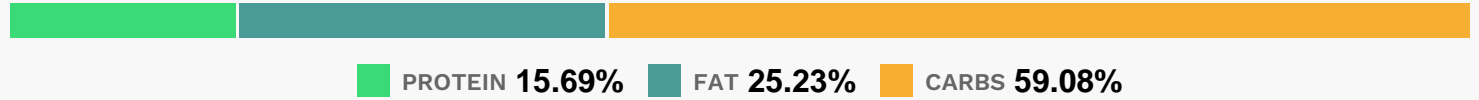
### Equipment

- bowl
- microwave

## Directions

- Microwave all ingredients in a small bowl or mug for 1 minute, stir and enjoy!
- Serve with crushed peanuts or almonds for some extra crunch!

## Nutrition Facts



## Properties

Glycemic Index:113.25, Glycemic Load:34.11, Inflammation Score:-8, Nutrition Score:24.386956521739%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 469.98kcal (23.5%), Fat: 13.84g (21.29%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 72.94g (24.31%), Net Carbohydrates: 63.65g (23.15%), Sugar: 15.5g (17.22%), Cholesterol: 3.68mg (1.23%), Sodium: 131.03mg (5.7%), Protein: 19.36g (38.73%), Manganese: 3.82mg (190.85%), Magnesium: 264.31mg (66.08%), Phosphorus: 560.91mg (56.09%), Selenium: 31.64µg (45.2%), Fiber: 9.29g (37.17%), Vitamin B1: 0.54mg (35.76%), Zinc: 3.66mg (24.41%), Iron: 4.21mg (23.41%), Copper: 0.43mg (21.69%), Calcium: 208.39mg (20.84%), Potassium: 629.65mg (17.99%), Vitamin B2: 0.29mg (17.32%), Vitamin B3: 3.09mg (15.46%), Vitamin B6: 0.24mg (12.18%), Vitamin B5: 1.19mg (11.94%), Vitamin B12: 0.71µg (11.84%), Folate: 46.44µg (11.61%), Vitamin E: 1.67mg (11.16%), Vitamin D: 1.35µg (8.98%), Vitamin A: 249.9IU (5%), Vitamin K: 4.95µg (4.71%), Vitamin C: 1.7mg (2.06%)