



Peanut Butter and Maple Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



1

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon brown sugar
- 1 tablespoon maple syrup
- 1 tablespoon natural peanut butter whole organic everyday value® (such as Foods 365)
- 0.3 cup steel-cut oats quick (such as Trader Joe's® Cook Oats)
- 0.8 cup water

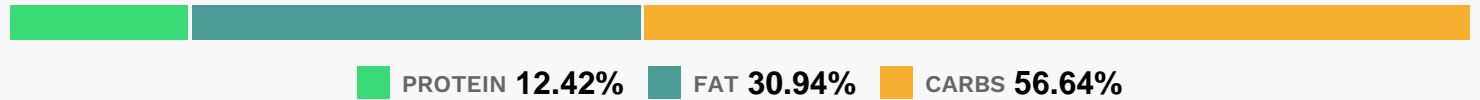
Equipment

- sauce pan

Directions

- Bring water to a boil in a saucepan, stir steel cut oats into water, and reduce heat to medium-low. Cover and cook until oats are tender, 5 to 7 minutes, stirring occasionally.
- Remove from heat and let stand 1 minute.
- Stir peanut butter, maple syrup, and brown sugar into oats.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:17.46, Inflammation Score:-2, Nutrition Score:6.4178260845011%

Nutrients (% of daily need)

Calories: 311.68kcal (15.58%), Fat: 11.02g (16.96%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 40.21g (14.62%), Sugar: 15.6g (17.34%), Cholesterol: 0mg (0%), Sodium: 13.95mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Manganese: 0.7mg (34.79%), Fiber: 5.2g (20.8%), Vitamin B2: 0.28mg (16.75%), Iron: 1.97mg (10.95%), Vitamin B3: 2.11mg (10.57%), Vitamin E: 1.46mg (9.71%), Magnesium: 33.03mg (8.26%), Calcium: 56.62mg (5.66%), Phosphorus: 53.68mg (5.37%), Copper: 0.1mg (4.84%), Potassium: 136.94mg (3.91%), Zinc: 0.56mg (3.73%), Vitamin B6: 0.07mg (3.57%), Folate: 13.94µg (3.48%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.17mg (1.72%)