



## Peanut Butter-Banana Oatmeal



Vegetarian



Gluten Free

READY IN



6 min.

SERVINGS



2

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 cup banana chopped
- ☐ 0.5 cup skim milk fat-free
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1.5 tablespoons brown sugar light
- ☐ 0.5 cup oats
- ☐ 1 tablespoon peanut butter natural-style
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup water

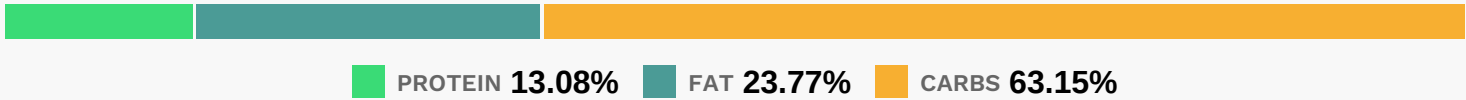
# Equipment

- ☐ bowl
- ☐ microwave

# Directions

- ☐ Combine first 6 ingredients in a 3-cup microwave-safe bowl; stir well. Microwave at HIGH 3 minutes.
- ☐ Add sugar and peanut butter to oats mixture. Stir until thick and creamy.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:73.51, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:9.3195653194967%

# Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 202.17kcal (10.11%), Fat: 5.54g (8.53%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 29.98g (10.9%), Sugar: 15.92g (17.69%), Cholesterol: 1.84mg (0.61%), Sodium: 211.73mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Manganese: 0.95mg (47.52%), Phosphorus: 181.71mg (18.17%), Magnesium: 57.07mg (14.27%), Fiber: 3.15g (12.59%), Selenium: 7.77µg (11.1%), Calcium: 107.15mg (10.71%), Vitamin B1: 0.15mg (9.76%), Vitamin B6: 0.19mg (9.35%), Potassium: 322.82mg (9.22%), Vitamin B2: 0.15mg (8.54%), Zinc: 1.27mg (8.44%), Vitamin B3: 1.54mg (7.71%), Copper: 0.15mg (7.39%), Iron: 1.14mg (6.34%), Vitamin B5: 0.63mg (6.26%), Vitamin B12: 0.36µg (5.92%), Vitamin E: 0.84mg (5.61%), Folate: 19.69µg (4.92%), Vitamin D: 0.67µg (4.49%), Vitamin A: 141.32IU (2.83%), Vitamin C: 2.18mg (2.64%)