



 **100%**
HEALTH SCORE

Pumpkin Oatmeal

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup pumpkin puree canned
- 3 dashes ground cinnamon
- 0.5 teaspoon avocado honey
- 0.5 cup old-fashioned rolled oats
- 1 cup soy milk
- 1 tablespoon walnuts chopped

Equipment

- bowl

sauce pan

Directions

- Stir the oats, soy milk, pumpkin puree, and cinnamon together in a saucepan; bring to a gentle boil. Reduce heat to low and simmer 5 minutes, or until the oatmeal reaches your desired consistency.
- Transfer to serving bowl.
- Garnish with walnuts and honey.

Nutrition Facts



Properties

Glycemic Index:150.69, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:32.818695711053%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg

Nutrients (% of daily need)

Calories: 364.12kcal (18.21%), Fat: 14.07g (21.64%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 38.13g (13.87%), Sugar: 11.59g (12.88%), Cholesterol: 0mg (0%), Sodium: 124.13mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Vitamin A: 10470.67IU (209.41%), Manganese: 2.43mg (121.55%), Vitamin E: 6.91mg (46.04%), Vitamin B3: 8.6mg (43.02%), Vitamin B12: 2.55µg (42.48%), Calcium: 407.48mg (40.75%), Fiber: 9.08g (36.34%), Vitamin B2: 0.58mg (34.3%), Copper: 0.68mg (34.24%), Vitamin B6: 0.68mg (34.2%), Folate: 105.89µg (26.47%), Selenium: 18µg (25.71%), Vitamin B1: 0.38mg (25.48%), Vitamin C: 19.83mg (24.03%), Iron: 4.29mg (23.81%), Phosphorus: 224.31mg (22.43%), Magnesium: 87.7mg (21.93%), Potassium: 664.54mg (18.99%), Vitamin D: 2.83µg (18.88%), Zinc: 2.52mg (16.79%), Vitamin K: 11.82µg (11.25%), Vitamin B5: 0.77mg (7.69%)