



Quick and Easy Peanut Butter Oatmeal



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon brown sugar to taste
- ☐ 0.3 cup egg whites
- ☐ 1 serving ground cinnamon
- ☐ 2 teaspoons ground flax seed
- ☐ 0.3 cup old-fashioned oats
- ☐ 1 tablespoon peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup water

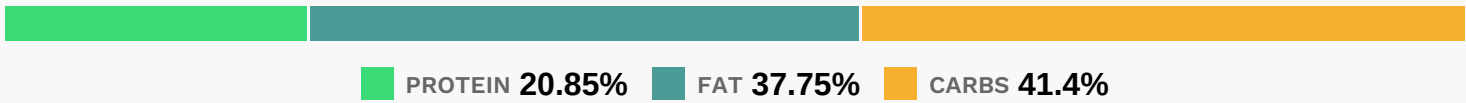
Equipment

- ☐ bowl
- ☐ whisk
- ☐ microwave

Directions

- ☐ Place oats in microwave-safe container that can hold at least 4 cups. Stir in the flaxseed and salt.
- ☐ Whisk together the water and egg whites, pour over the oats and stir gently until just combined. Microwave on MEDIUM power for 4–6 minutes (depending on your microwave).
- ☐ Remove bowl from the microwave, and stir in the peanut butter, sugar, and cinnamon. If the oatmeal becomes too stiff, soften with a small amount of milk.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:6.67, Inflammation Score:-4, Nutrition Score:13.566956345802%

Nutrients (% of daily need)

Calories: 271.04kcal (13.55%), Fat: 11.75g (18.08%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 23.35g (8.49%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 762.88mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.21%), Manganese: 1.67mg (83.75%), Selenium: 21.74µg (31.06%), Fiber: 5.65g (22.61%), Magnesium: 89.85mg (22.46%), Vitamin B2: 0.35mg (20.38%), Phosphorus: 201.28mg (20.13%), Vitamin B1: 0.21mg (14.32%), Copper: 0.27mg (13.5%), Vitamin B3: 2.65mg (13.24%), Zinc: 1.64mg (10.91%), Vitamin E: 1.63mg (10.87%), Iron: 1.9mg (10.57%), Potassium: 333.68mg (9.53%), Folate: 28.48µg (7.12%), Calcium: 64.8mg (6.48%), Vitamin B5: 0.64mg (6.4%), Vitamin B6: 0.12mg (6.24%), Vitamin K: 1.38µg (1.32%)