



Rise and Shine Oatmeal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 cups milk 1% low-fat
- ☐ 2 cups old-fashioned oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

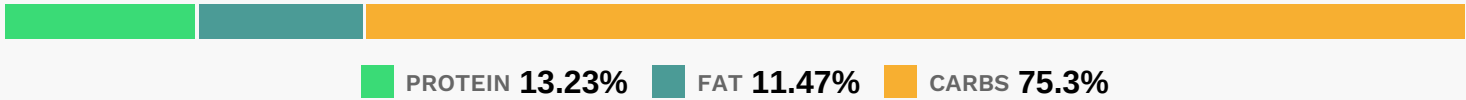
Equipment

bowl

Directions

- Bring milk to a boil over medium heat. Stir in oats; cook 5 minutes.
- Remove from heat; stir in raisins and remaining ingredients.
- Serve cooled spoonfuls in a small bowl.

Nutrition Facts



Properties

Glycemic Index:38.48, Glycemic Load:21.61, Inflammation Score:-5, Nutrition Score:14.199130421099%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 293.1kcal (14.66%), Fat: 3.85g (5.92%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 56.9g (18.97%), Net Carbohydrates: 51.93g (18.88%), Sugar: 25.67g (28.52%), Cholesterol: 5.9mg (1.97%), Sodium: 341.8mg (14.86%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 10g (19.99%), Manganese: 1.59mg (79.25%), Phosphorus: 309.21mg (30.92%), Selenium: 14.41µg (20.59%), Fiber: 4.97g (19.89%), Magnesium: 76.88mg (19.22%), Calcium: 182.74mg (18.27%), Vitamin B1: 0.26mg (17.02%), Vitamin B2: 0.27mg (15.72%), Zinc: 2.07mg (13.8%), Potassium: 476.93mg (13.63%), Vitamin B12: 0.72µg (12%), Iron: 2.12mg (11.75%), Copper: 0.23mg (11.53%), Vitamin B5: 0.91mg (9.14%), Vitamin B6: 0.17mg (8.65%), Vitamin D: 1.3µg (8.65%), Vitamin A: 232.02IU (4.64%), Vitamin B3: 0.81mg (4.06%), Folate: 16.1µg (4.03%), Vitamin K: 1.64µg (1.56%), Vitamin E: 0.22mg (1.48%)