



Slow Cooker Chocolate Banana Steel Cut Oats

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



365 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

Ingredients

- 2 pounds bananas ripe mashed
- 2 cups steel-cut oats
- 0.5 cup cocoa powder unsweetened
- 10 cups water

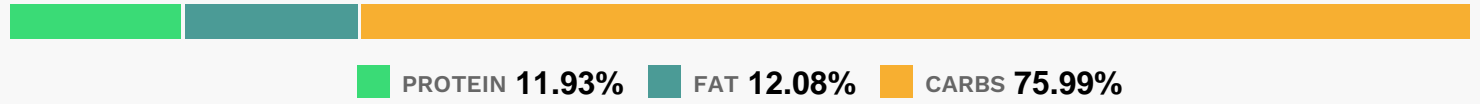
Equipment

- slow cooker

Directions

- Lightly spray a 5-quart or larger slow cooker crock with cooking spray.
- Mix water, oats, mashed bananas, cocoa powder, and sweetener in prepared slow cooker.
- Cook on Low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:16.73, Inflammation Score:-3, Nutrition Score:5.7873912349991%

Flavonoids

Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg, Epicatechin: 7.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 178.39kcal (8.92%), Fat: 2.61g (4.01%), Saturated Fat: 0.64g (4%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 30.69g (11.16%), Sugar: 9.29g (10.32%), Cholesterol: 0mg (0%), Sodium: 11.37mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.24mg (2.75%), Protein: 5.79g (11.59%), Fiber: 6.22g (24.9%), Manganese: 0.34mg (17.08%), Vitamin B6: 0.28mg (14.08%), Copper: 0.23mg (11.32%), Magnesium: 40.26mg (10.07%), Iron: 1.8mg (9.99%), Potassium: 325.11mg (9.29%), Vitamin C: 6.58mg (7.97%), Phosphorus: 42.93mg (4.29%), Folate: 16.27µg (4.07%), Vitamin B2: 0.06mg (3.75%), Vitamin B3: 0.58mg (2.9%), Calcium: 27.61mg (2.76%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.38mg (2.51%), Selenium: 1.27µg (1.81%), Vitamin B1: 0.03mg (1.75%)