



Sunday Morning Oatmeal

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana sliced
- 4 servings brown sugar pure for serving
- 0.5 cup cherries dried
- 0.5 cup golden raisins
- 0.5 teaspoon kosher salt
- 1.5 cups quick-cooking oatmeal instant (not)
- 1.5 cups milk whole for serving

Equipment

sauce pan

pot

Directions

Watch how to make this recipe.

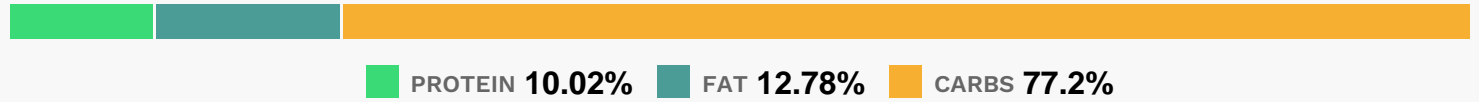
Heat the milk plus 2 cups of water in a medium saucepan until it starts to simmer.

Add the oatmeal and salt, bring to a boil, then lower the heat and simmer for 4 to 5 minutes, stirring occasionally, until thickened. Off the heat, stir in the banana, cherries, and raisins.

Place the lid on the pot and allow to sit for 2 minutes.

Serve hot with maple syrup or brown sugar and extra milk.

Nutrition Facts



Properties

Glycemic Index:62.74, Glycemic Load:29.18, Inflammation Score:-7, Nutrition Score:15.779130484747%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 350.88kcal (17.54%), Fat: 5.2g (8%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 70.67g (23.56%), Net Carbohydrates: 64.89g (23.6%), Sugar: 38.99g (43.32%), Cholesterol: 10.98mg (3.66%), Sodium: 333.06mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.34%), Manganese: 1.91mg (95.37%), Magnesium: 111.59mg (27.9%), Vitamin B2: 0.47mg (27.82%), Phosphorus: 259.01mg (25.9%), Fiber: 5.78g (23.1%), Selenium: 12.5µg (17.86%), Calcium: 173.53mg (17.35%), Vitamin B1: 0.24mg (15.95%), Potassium: 531.98mg (15.2%), Vitamin A: 704.99IU (14.1%), Vitamin B6: 0.25mg (12.65%), Iron: 2.08mg (11.57%), Zinc: 1.59mg (10.61%), Copper: 0.2mg (10.12%), Vitamin B12: 0.49µg (8.23%), Vitamin B5: 0.68mg (6.81%), Vitamin D: 1.01µg (6.71%), Folate: 16.17µg (4.04%), Vitamin B3: 0.76mg (3.82%), Vitamin C: 3.15mg (3.81%), Vitamin E: 0.31mg (2.07%), Vitamin K: 2.03µg (1.93%)