

Super-Good Oatmeal

 Vegetarian  Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon flax seed oil
- 1 tablespoon honey
- 0.5 cup rolled oats
- 0.3 cup soymilk
- 1 cup water
- 1 tablespoon wheat germ

Equipment

- microwave

Directions

- Mix the oats and water and microwave on medium power for 5 minutes. Stir in the honey, wheat germ, and flax oil. Top with the soy milk.

Nutrition Facts



Properties

Glycemic Index:125.69, Glycemic Load:18.97, Inflammation Score:-5, Nutrition Score:16.162173768748%

Nutrients (% of daily need)

Calories: 307.41kcal (15.37%), Fat: 9.28g (14.28%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 44.54g (16.19%), Sugar: 19.14g (21.26%), Cholesterol: 0mg (0%), Sodium: 45.26mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Manganese: 2.22mg (111%), Selenium: 17.6µg (25.14%), Vitamin B1: 0.33mg (21.77%), Phosphorus: 213.37mg (21.34%), Fiber: 5.1g (20.39%), Magnesium: 71.88mg (17.97%), Vitamin E: 2.52mg (16.8%), Copper: 0.32mg (16.01%), Zinc: 2.36mg (15.75%), Vitamin B3: 2.8mg (13.98%), Iron: 2.44mg (13.58%), Vitamin B6: 0.25mg (12.73%), Vitamin B2: 0.22mg (12.69%), Folate: 47.73µg (11.93%), Calcium: 114.18mg (11.42%), Vitamin B12: 0.64µg (10.62%), Potassium: 289.93mg (8.28%), Vitamin B5: 0.59mg (5.92%), Vitamin C: 4.35mg (5.28%), Vitamin D: 0.71µg (4.72%), Vitamin A: 231.87IU (4.64%)