



WHATSheATE



Vanilla-Pear Breakfast Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



4 servings brown sugar



0.5 teaspoon ground cinnamon



15.3 ounce lite pears canned sliced del monte®



2 cups quick-cooking rolled oats



1 cup raspberries fresh red



0.3 teaspoon salt



0.3 cup slivered almonds toasted



1 teaspoon vanilla

☐ 2.8 cups water

Equipment

☐ frying pan

☐ sauce pan

Directions

☐ Drain canned pears, reserving syrup. Chop the pear slices. Bring water, drained syrup from canned pears and salt to a boil over medium-high heat in a medium saucepan. Stir in oats; reduce heat. Cook, uncovered, for 1 minute, stirring occasionally.

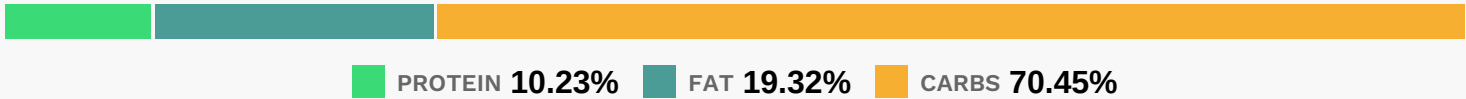
☐ Remove pan from heat.

☐ Stir in almonds, cinnamon and vanilla. Cover and let stand for 2 to 3 minutes to reach desired consistency.

☐ To serve, top each serving with chopped canned pears and raspberries.

☐ Sprinkle with brown sugar.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:20.78, Inflammation Score:-6, Nutrition Score:16.138260779173%

Flavonoids

Cyanidin: 16.12mg, Cyanidin: 16.12mg, Cyanidin: 16.12mg, Cyanidin: 16.12mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 285.39kcal (14.27%), Fat: 6.5g (10.01%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 53.35g (17.78%), Net Carbohydrates: 43.26g (15.73%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 157.37mg (6.84%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 7.75g (15.5%), Manganese: 2.2mg (109.96%), Fiber: 10.09g (40.35%), Magnesium: 144.11mg (36.03%), Phosphorus: 240.19mg (24.02%), Selenium: 14.28µg (20.41%), Copper: 0.36mg (18.24%), Vitamin B1: 0.26mg (17.03%), Vitamin E: 2.41mg (16.06%), Vitamin C: 12.52mg (15.17%), Iron: 2.58mg (14.36%), Zinc: 1.77mg (11.77%), Potassium: 373.2mg (10.66%), Vitamin B2: 0.17mg (9.77%), Vitamin K: 8.47µg (8.07%), Folate: 29.86µg (7.47%), Calcium: 65.34mg (6.53%), Vitamin B6: 0.1mg (5%), Vitamin B5: 0.48mg (4.78%), Vitamin B3: 0.94mg (4.71%)