



 **52%**
HEALTH SCORE

Warm Banana Oatmeal

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



1

CALORIES



663 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons almonds sliced
- 1 banana diced sliced
- 1 tablespoon flax seed
- 1 cup milk
- 0.5 cup oats
- 2 tablespoons raisins

Equipment

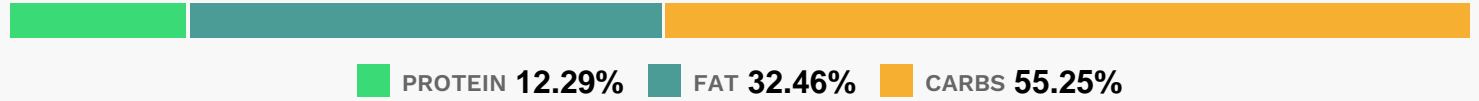
- bowl

microwave

Directions

Measure all ingredients into a bowl. Microwave for 2 minutes on high until warm (do not over cook). Stir and eat.

Nutrition Facts



Properties

Glycemic Index:233.58, Glycemic Load:39.6, Inflammation Score:-8, Nutrition Score:32.296956539154%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 7.45mg, Catechin: 7.45mg, Catechin: 7.45mg, Catechin: 7.45mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 663.07kcal (33.15%), Fat: 25.2g (38.77%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 96.5g (32.17%), Net Carbohydrates: 82.06g (29.84%), Sugar: 27.56g (30.62%), Cholesterol: 29.28mg (9.76%), Sodium: 107.93mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.93%), Manganese: 2.59mg (129.26%), Phosphorus: 621.52mg (62.15%), Fiber: 14.43g (57.73%), Magnesium: 219.29mg (54.82%), Vitamin B2: 0.78mg (46.14%), Calcium: 414.8mg (41.48%), Potassium: 1410.6mg (40.3%), Vitamin B1: 0.6mg (39.89%), Vitamin B6: 0.75mg (37.68%), Vitamin E: 5.56mg (37.08%), Copper: 0.67mg (33.58%), Selenium: 21.07µg (30.1%), Zinc: 3.77mg (25.1%), Iron: 4.12mg (22.9%), Vitamin B12: 1.32µg (21.96%), Vitamin B5: 1.96mg (19.64%), Vitamin D: 2.68µg (17.89%), Vitamin C: 11.95mg (14.48%), Vitamin B3: 2.86mg (14.31%), Folate: 54.97µg (13.74%), Vitamin A: 471IU (9.42%), Vitamin K: 2.56µg (2.44%)