



Apple-a-Day Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



1

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.8 cup apple cider



0.8 ounce fruit (any flavor)



0.3 cup oats

Equipment



microwave

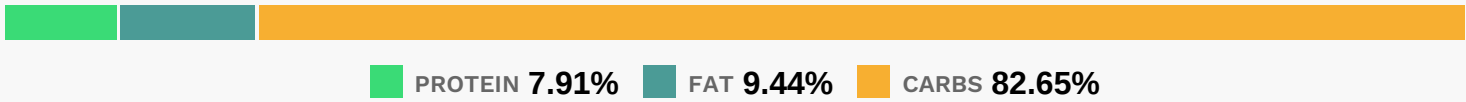


pot holder

Directions

- ☐ Put the oats and apple juice in the mug. Stir with the spoon until mixed.
- ☐ Microwave mug on High 1 minute. Use the pot holders to take mug out of microwave. Stir with spoon. Microwave 30 seconds to 1 minute 30 seconds longer or until oats and apple juice are thick when stirred. Use pot holders to take mug out of microwave.
- ☐ Add the fruit snacks to oatmeal. Stir with spoon until mixed. Cool 1 minute before eating.

Nutrition Facts



Properties

Glycemic Index:105.75, Glycemic Load:18.33, Inflammation Score:-4, Nutrition Score:8.3604348535123%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg, Epicatechin: 8.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 193.81kcal (9.69%), Fat: 2.11g (3.24%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 38.31g (13.93%), Sugar: 19.8g (22%), Cholesterol: 0mg (0%), Sodium: 8.95mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Manganese: 1.3mg (64.94%), Magnesium: 82.89mg (20.72%), Phosphorus: 138.73mg (13.87%), Selenium: 9.37µg (13.38%), Fiber: 3.23g (12.94%), Vitamin B1: 0.19mg (12.38%), Iron: 1.53mg (8.51%), Potassium: 294.45mg (8.41%), Copper: 0.14mg (6.86%), Zinc: 0.92mg (6.13%), Vitamin B2: 0.07mg (3.98%), Vitamin B6: 0.06mg (3.11%), Vitamin B5: 0.29mg (2.87%), Calcium: 27.93mg (2.79%), Vitamin C: 2.06mg (2.5%), Folate: 9.07µg (2.27%), Vitamin B3: 0.43mg (2.17%), Vitamin K: 1.84µg (1.76%), Vitamin E: 0.21mg (1.38%), Vitamin A: 65.98IU (1.32%)