

Apple Breakfast (Easy Slow Cooker Oatmeal)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



8

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1.5 cups apples sliced



0.5 teaspoon ground allspice



1 tablespoon ground cinnamon



0.3 teaspoon ground cloves



1 teaspoon ground ginger



1 teaspoon ground nutmeg



1 tablespoon blackstrap molasses



4 cups rolled oats

- ☐ 0.5 cup vegetable oil
- ☐ 2.5 cups water
- ☐ 0.5 cup sugar white

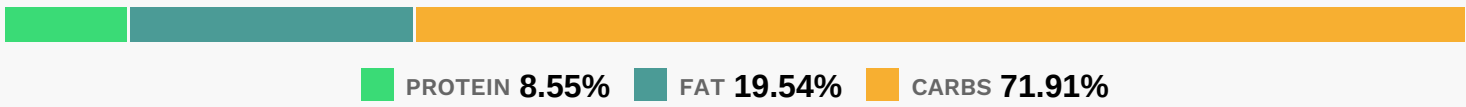
Equipment

- ☐ slow cooker

Directions

- ☐ Stir oats, sugar, cinnamon, nutmeg, ginger, allspice, and cloves together in a slow cooker; add water, apple slices, vegetable oil, and molasses. Stir the mixture thoroughly.
- ☐ Cook on Low 5 to 7 hours.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:19.82, Inflammation Score:-3, Nutrition Score:10.819565180851%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 250.42kcal (12.52%), Fat: 5.58g (8.59%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 40.91g (14.88%), Sugar: 17.28g (19.2%), Cholesterol: 0mg (0%), Sodium: 7.89mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 1.83mg (91.25%), Fiber: 5.32g (21.29%), Selenium: 12.42µg (17.74%), Phosphorus: 171.37mg (17.14%), Magnesium: 65.83mg (16.46%), Vitamin B1: 0.19mg (12.86%), Iron: 2.03mg (11.29%), Zinc: 1.54mg (10.24%), Copper: 0.2mg (9.89%), Vitamin K: 6.74µg (6.42%), Potassium: 219.01mg (6.26%), Vitamin B5: 0.49mg (4.94%), Vitamin B2: 0.07mg (4.27%), Calcium: 41.94mg (4.19%), Vitamin B6: 0.07mg (3.55%), Folate: 14.02µg (3.5%), Vitamin E: 0.46mg (3.09%), Vitamin B3: 0.54mg (2.72%), Vitamin C: 1.17mg (1.42%)