



WHATSheATE



Apple Cider Oatmeal with Pecans



Vegetarian



Gluten Free

READY IN



9 min.

SERVINGS



2

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 tablespoons milk
- ☐ 0.5 cup old-fashioned oats
- ☐ 2 tablespoons pecans chopped
- ☐ 1 pinch salt

Equipment

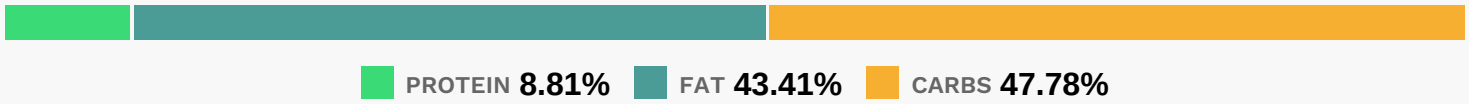
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Bring cider, 1/4 cup water and salt to a boil in a small, heavy saucepan over medium-high heat. Stir in oats. Reduce heat to medium and cook for 5 minutes, stirring occasionally.
- ☐ Place pecans in a small, dry skillet over medium heat and cook, stirring, until lightly toasted and fragrant, 1 to 2 minutes.
- ☐ Transfer to a small bowl.
- ☐ Remove pan with oatmeal from heat; stir in milk. Spoon oatmeal into a bowl, top with pecans and serve.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:7.65, Inflammation Score:-3, Nutrition Score:7.6730434376261%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 182.06kcal (9.1%), Fat: 9.08g (13.97%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 19.36g (7.04%), Sugar: 6.99g (7.77%), Cholesterol: 1.8mg (0.6%), Sodium: 28.66mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Manganese: 1.23mg (61.51%), Phosphorus: 130.09mg (13.01%), Fiber: 3.13g (12.5%), Vitamin B1: 0.18mg (12%), Magnesium: 44.82mg (11.21%), Copper: 0.21mg (10.33%), Selenium: 6.58µg (9.4%), Zinc: 1.26mg (8.43%), Iron: 1.19mg (6.59%), Potassium: 196.47mg (5.61%), Vitamin B2: 0.08mg (4.42%), Calcium: 40.72mg (4.07%), Vitamin B5: 0.4mg (3.98%), Vitamin B6: 0.06mg (3.05%), Folate: 8.69µg (2.17%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.1%)