



Apple Cinnamon Oatmeal

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

240 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST

Ingredients

- ☐ 1 apples cored chopped
- ☐ 0.3 cup apple juice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 0.7 cup rolled oats
- ☐ 1 cup water

Equipment

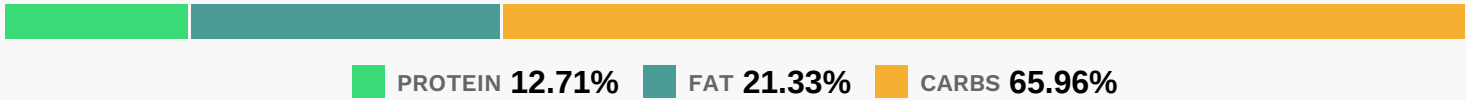
- ☐ bowl

sauce pan

Directions

Combine the water, apple juice, and apples in a saucepan. Bring to a boil over high heat, and stir in the rolled oats and cinnamon. Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes. Spoon into serving bowls, and pour milk over the servings.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:13.13, Inflammation Score:-5, Nutrition Score:12.12347827787%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg, Epicatechin: 8.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 239.68kcal (11.98%), Fat: 5.87g (9.04%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 35.35g (12.86%), Sugar: 18.6g (20.67%), Cholesterol: 14.64mg (4.88%), Sodium: 56.15mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.75%), Manganese: 1.22mg (60.77%), Phosphorus: 246.85mg (24.69%), Fiber: 5.51g (22.03%), Calcium: 185.62mg (18.56%), Magnesium: 59.82mg (14.96%), Selenium: 10.19µg (14.56%), Vitamin B1: 0.21mg (14.32%), Vitamin B2: 0.24mg (14.09%), Potassium: 413.83mg (11.82%), Vitamin B12: 0.66µg (10.98%), Zinc: 1.56mg (10.38%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.83mg (8.32%), Copper: 0.16mg (7.88%), Iron: 1.38mg (7.66%), Vitamin B6: 0.15mg (7.3%), Vitamin C: 4.5mg (5.46%), Vitamin A: 250.04IU (5%), Vitamin K: 3.22µg (3.07%), Folate: 11.44µg (2.86%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.36mg (2.43%)