



Apple Crisp Refrigerator Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



1

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup rolled oats
- 6 oz apples crisp yoplait®
- 1 teaspoon chia seeds
- 0.3 cup apples i use 2 granny smith apples chopped
- 0.1 teaspoon ground cinnamon
- 2 tablespoons walnut pieces chopped

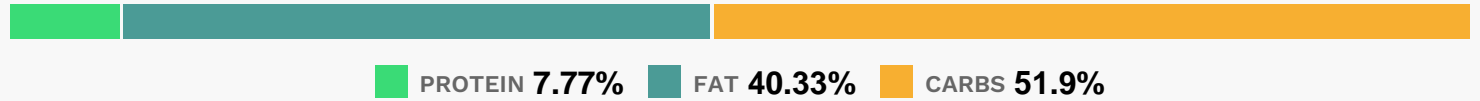
Equipment

- canning jar

Directions

- In half-pint canning jar (or other resealable container), pour oats and yogurt. Top with chia seed; carefully stir to mix thoroughly.
- Cover; refrigerate about 8 hours. When ready to serve, sprinkle with toppings.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:13.654782585476%

Flavonoids

Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg, Cyanidin: 3.7mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 332.38kcal (16.62%), Fat: 15.94g (24.52%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 36.41g (13.24%), Sugar: 21.67g (24.08%), Cholesterol: 0mg (0%), Sodium: 4.29mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.82%), Manganese: 1.64mg (82.08%), Fiber: 9.73g (38.91%), Copper: 0.49mg (24.47%), Phosphorus: 209.02mg (20.9%), Magnesium: 83.19mg (20.8%), Vitamin B1: 0.22mg (14.7%), Selenium: 9.05µg (12.93%), Vitamin C: 9.6mg (11.63%), Potassium: 394.38mg (11.27%), Iron: 2.01mg (11.19%), Zinc: 1.62mg (10.83%), Vitamin B6: 0.21mg (10.53%), Folate: 34.1µg (8.53%), Vitamin B2: 0.12mg (7.1%), Calcium: 69.97mg (7%), Vitamin K: 5.45µg (5.19%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.46mg (4.65%), Vitamin E: 0.61mg (4.09%), Vitamin A: 115.63IU (2.31%)