



Apple-Pecan Baked Oatmeal

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup firmly brown sugar packed
- 0.3 cup butter melted
- 3 large eggs beaten
- 5 granny smith apples
- 1 tablespoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 1 cup milk

- 18 oz regular oats
- 0.5 cup pecans chopped
- 1 teaspoon salt
- 1 cup apple sauce unsweetened
- 1.3 cups water

Equipment

- bowl
- baking sheet
- oven
- baking pan

Directions

- Place pecans in a single layer on a baking sheet.
- Bake at 350 for 15 minutes or until toasted, stirring once.
- Peel and chop apples.
- Spread on bottom of a lightly greased 13- x 9-inch baking dish.
- Sprinkle toasted pecans over apples.
- Combine oats and next 10 ingredients in a large bowl, stirring until well blended.
- Pour oat mixture evenly over apples and pecans.
- Bake, covered, at 350 for 30 minutes; uncover and bake 20 more minutes or until golden brown and set.

Nutrition Facts



PROTEIN 8.81% **FAT 27.4%** **CARBS 63.79%**

Properties

Glycemic Index:26.7, Glycemic Load:15.95, Inflammation Score:-6, Nutrition Score:17.157391268274%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 452.16kcal (22.61%), Fat: 14.25g (21.93%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 74.64g (24.88%), Net Carbohydrates: 66.08g (24.03%), Sugar: 35.1g (39%), Cholesterol: 70.93mg (23.64%), Sodium: 481.4mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Manganese: 2.3mg (114.77%), Fiber: 8.56g (34.25%), Phosphorus: 327.82mg (32.78%), Selenium: 20.45µg (29.21%), Magnesium: 90.42mg (22.61%), Vitamin B1: 0.31mg (20.87%), Calcium: 197.97mg (19.8%), Iron: 3.14mg (17.43%), Zinc: 2.47mg (16.48%), Copper: 0.33mg (16.27%), Vitamin B2: 0.22mg (13.05%), Potassium: 415.78mg (11.88%), Vitamin B5: 1.05mg (10.45%), Vitamin B6: 0.16mg (7.9%), Folate: 28.78µg (7.19%), Vitamin A: 324.06IU (6.48%), Vitamin C: 5.1mg (6.18%), Vitamin E: 0.82mg (5.44%), Vitamin B12: 0.27µg (4.58%), Vitamin B3: 0.81mg (4.07%), Vitamin K: 4.1µg (3.91%), Vitamin D: 0.57µg (3.79%)