



Apple Pie Oatmeal with Bruleed Crust

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



2

CALORIES



529 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup cranberries dried
- 1 large apples i use 2 granny smith apples cored peeled cut into medium dice
- 2 tablespoons granulated sugar
- 0.3 teaspoon ground cinnamon
- 2 tablespoons brown sugar light
- 1 cup cooking irish oatmeal quick (recommended: McCann's)
- 1 teaspoon orange zest freshly grated
- 1 pinch salt

- 0.5 cup water
- 2.8 cups milk whole

Equipment

- baking sheet
- sauce pan
- oven
- ramekin
- broiler

Directions

- Special equipment: 2 (10-ounce) ramekins
- Combine the water, sugar, cinnamon, cranberries, and salt in a small saucepan and bring to a boil over high heat. Cook until the sugar is completely dissolved, about 1 minute.
- Add the apples, reduce the heat to medium and cook, stirring occasionally, until the apples are soft but still retain some of their shape and the mixture has thickened, about 10 minutes. Set aside while you make the oatmeal.
- For the oatmeal: Preheat the broiler.
- Put the milk in a medium saucepan and bring to a boil over high heat. Stir in the oatmeal, orange zest, and salt and cook until the mixture thickens, about 2 minutes. Cover and let sit for 2 minutes. The oatmeal should be slightly loose, it will continue to thicken under the broiler.
- Divide half of the apple mixture between 2 10-ounce ramekins. Divide half of the oatmeal between the 2 ramekins and spoon on top of the apple mixture.
- Place the remaining apple mixture on top of the oatmeal then top the apple mixture with the remaining oatmeal. Smooth out the top of the oatmeal and sprinkle 1 tablespoon of the sugar evenly over the top of each.
- Place the ramekins on a baking sheet and place until the broiler. Broil until the sugar is golden brown and bubbly and completely melted, about 2 minutes.
- Remove from the oven and let rest a few minutes before serving.

Nutrition Facts



■ PROTEIN 10.39% ■ FAT 21.3% ■ CARBS 68.31%

Properties

Glycemic Index:102.8, Glycemic Load:25.67, Inflammation Score:-6, Nutrition Score:18.663043540457%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 528.83kcal (26.44%), Fat: 13.07g (20.11%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 94.32g (31.44%), Net Carbohydrates: 87.82g (31.93%), Sugar: 73.67g (81.86%), Cholesterol: 40.26mg (13.42%), Sodium: 160.66mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Calcium: 448.56mg (44.86%), Phosphorus: 444.23mg (44.42%), Manganese: 0.86mg (43.06%), Vitamin B2: 0.52mg (30.73%), Vitamin B12: 1.81µg (30.19%), Fiber: 6.5g (26.02%), Vitamin D: 3.69µg (24.6%), Potassium: 738.47mg (21.1%), Magnesium: 80.59mg (20.15%), Vitamin B1: 0.3mg (20.05%), Selenium: 13.09µg (18.7%), Vitamin B5: 1.77mg (17.7%), Zinc: 2.63mg (17.57%), Vitamin B6: 0.27mg (13.74%), Vitamin A: 608.66IU (12.17%), Vitamin C: 6.56mg (7.95%), Iron: 1.42mg (7.9%), Copper: 0.16mg (7.83%), Vitamin E: 1.11mg (7.38%), Vitamin K: 6.19µg (5.9%), Vitamin B3: 0.91mg (4.54%), Folate: 10.78µg (2.69%)