



Apple-Spice Oats

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



338 kcal

SIDE DISH

Ingredients

- 1 large apples organic coarsely chopped
- 1 cup cherries unsweetened frozen
- 0.3 teaspoon cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon nutmeg freshly grated
- 0.5 cup rolled oats
- 0.5 teaspoon salt to taste (or)
- 0.5 cup irish oats

0.5 teaspoon vanilla extract

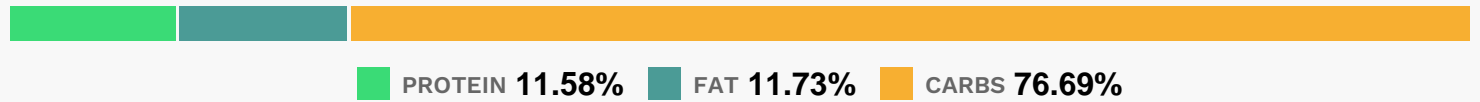
2 cups water

Equipment

Directions

Serve with sweetener of your choice with a little freshly grated nutmeg on top.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:23.44, Inflammation Score:-4, Nutrition Score:9.5052175003549%

Flavonoids

Cyanidin: 22.6mg, Cyanidin: 22.6mg, Cyanidin: 22.6mg, Cyanidin: 22.6mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 11.85mg, Epicatechin: 11.85mg, Epicatechin: 11.85mg, Epicatechin: 11.85mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 337.83kcal (16.89%), Fat: 4.56g (7.02%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 67.08g (22.36%), Net Carbohydrates: 56.28g (20.47%), Sugar: 20.83g (23.15%), Cholesterol: 0mg (0%), Sodium: 596.03mg (25.91%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 10.13g (20.26%), Manganese: 0.95mg (47.65%), Fiber: 10.8g (43.2%), Iron: 2.95mg (16.38%), Vitamin C: 9.98mg (12.09%), Magnesium: 44.57mg (11.14%), Phosphorus: 110.75mg (11.07%), Potassium: 350.69mg (10.02%), Copper: 0.19mg (9.68%), Vitamin B1: 0.13mg (8.8%), Selenium: 5.88µg (8.4%), Zinc: 0.87mg (5.8%), Calcium: 57.52mg (5.75%), Vitamin B6: 0.1mg (5.07%), Vitamin B2: 0.08mg (4.98%), Vitamin K: 4.56µg (4.35%), Vitamin B5: 0.43mg (4.34%), Folate: 12.83µg (3.21%), Vitamin E: 0.35mg (2.34%), Vitamin B3: 0.45mg (2.24%), Vitamin A: 105.56IU (2.11%)