



## Baked Apple-Maple Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups apples unpeeled chopped (2 medium)
- 2 teaspoons ground cinnamon
- 0.3 cup maple syrup
- 2.7 cups oats
- 0.5 cup raisins
- 0.3 teaspoon salt
- 4 cups vanilla plain

### Equipment

oven

## Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir together apples, oats, raisins, cinnamon, salt, soymilk and syrup.
- Bake uncovered 45 to 50 minutes or until most of liquid is absorbed.
- Pour additional soymilk over each serving; sprinkle with walnuts.

## Nutrition Facts

 **PROTEIN 6.78%**  **FAT 7.45%**  **CARBS 85.77%**

## Properties

Glycemic Index:21.54, Glycemic Load:13.67, Inflammation Score:-4, Nutrition Score:9.8069566125455%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 473.43kcal (23.67%), Fat: 1.93g (2.97%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 45.7g (16.62%), Sugar: 22.71g (25.24%), Cholesterol: 0mg (0%), Sodium: 87.46mg (3.8%), Alcohol: 35.78g (100%), Alcohol %: 24.9% (100%), Protein: 3.96g (7.92%), Manganese: 1.57mg (78.72%), Fiber: 4.36g (17.45%), Vitamin B2: 0.29mg (17.25%), Magnesium: 56.47mg (14.12%), Phosphorus: 127.61mg (12.76%), Selenium: 7.88µg (11.26%), Potassium: 384.77mg (10.99%), Copper: 0.22mg (10.91%), Vitamin B1: 0.16mg (10.53%), Iron: 1.6mg (8.88%), Zinc: 1.21mg (8.05%), Calcium: 45.93mg (4.59%), Vitamin B3: 0.89mg (4.44%), Vitamin B6: 0.08mg (4.24%), Vitamin B5: 0.36mg (3.64%), Folate: 9.89µg (2.47%), Vitamin C: 1.95mg (2.36%), Vitamin K: 1.38µg (1.32%), Vitamin E: 0.18mg (1.21%)