



HEALTH SCORE

51%

Baked Apple-Maple Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

☐ 1 serving walnuts toasted chopped

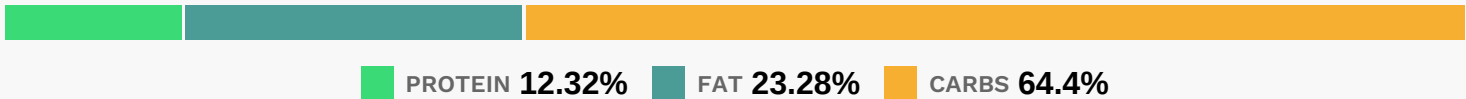
Equipment

☐ 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



Properties

Glycemic Index:32.39, Glycemic Load:14.92, Inflammation Score:-6, Nutrition Score:16.481304433035%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg 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: 251.59kcal (12.58%), Fat: 6.67g (10.26%), Saturated Fat: 0.8g (5%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 36.41g (13.24%), Sugar: 12.64g (14.05%), Cholesterol: 0mg (0%), Sodium: 137.24mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Manganese: 1.46mg (73.16%), Vitamin B2: 0.44mg (25.6%), Vitamin B3: 4.38mg (21.89%), Vitamin B12: 1.28µg (21.26%), Vitamin E: 3.18mg (21.23%), Calcium: 203.54mg (20.35%), Fiber: 5.09g (20.34%), Vitamin B6: 0.35mg (17.65%), Copper: 0.35mg (17.41%), Vitamin B1: 0.23mg (15.5%), Selenium: 10.78µg (15.4%), Phosphorus: 134.34mg (13.43%), Folate: 51.36µg (12.84%), Vitamin C: 10.5mg (12.73%), Magnesium: 49.92mg (12.48%), Iron: 2.16mg (12.01%), Potassium: 413.95mg (11.83%), Zinc: 1.49mg (9.94%), Vitamin A: 483.33IU (9.67%), Vitamin D: 1.42µg (9.45%), Vitamin B5: 0.35mg (3.49%), Vitamin K: 1.49µg

(1.41%)