



Baked Apple-Maple Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



670 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
- ☐ 8 servings soymilk

☐ 8 servings walnuts toasted chopped

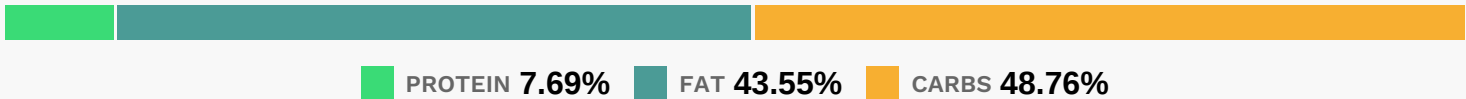
Equipment

☐ oven

Directions

- ☐ Heat oven to 350F. 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:28.21, Glycemic Load:14.1, Inflammation Score:-6, Nutrition Score:15.3599999929433%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg 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: 670.08kcal (33.5%), Fat: 21.51g (33.1%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 47.83g (17.39%), Sugar: 23.52g (26.14%), Cholesterol: 0mg (0%), Sodium: 88.56mg (3.85%), Alcohol: 35.78g (100%), Alcohol %: 21.28% (100%), Protein: 8.55g (17.1%), Manganese: 2.6mg (129.93%), Copper: 0.7mg (34.82%), Magnesium: 103.87mg (25.97%), Fiber: 6.38g (25.5%), Phosphorus: 231.41mg (23.14%), Vitamin B2: 0.34mg (20.02%), Vitamin B1: 0.26mg (17.39%), Potassium: 518.48mg (14.81%), Zinc: 2.14mg (14.24%), Iron: 2.48mg (13.76%), Selenium: 9.37µg (13.39%), Vitamin B6: 0.25mg (12.41%), Folate: 39.61µg (9.9%), Calcium: 76.73mg (7.67%), Vitamin B3: 1.26mg (6.29%), Vitamin B5: 0.54mg (5.35%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.42mg (2.78%), Vitamin K: 2.19µg (2.09%)