



## Baked Apple Oatmeal

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.7 cups rolled oats
- 0.5 cup raisins
- 4 cups milk
- 0.3 cup brown sugar packed
- 2 tablespoons butter melted
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 2 cups apples chopped

0.5 cup walnut pieces chopped

1 serving milk

## Equipment

oven

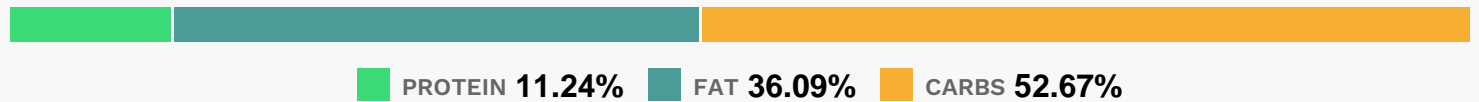
## Directions

Heat oven to 350°F. In 2-quart casserole, mix oats, raisins, 4 cups milk, the brown sugar, butter, cinnamon, salt and apples.

Bake uncovered 40 to 45 minutes or until most liquid is absorbed. Top with walnuts.

Serve with additional milk.

## Nutrition Facts



## Properties

Glycemic Index:28.98, Glycemic Load:14, Inflammation Score:-5, Nutrition Score:13.969565417456%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg 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: 345.45kcal (17.27%), Fat: 14.33g (22.05%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 42.35g (15.4%), Sugar: 19.94g (22.16%), Cholesterol: 18.3mg (6.1%), Sodium: 170.84mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.09%), Manganese: 1.32mg (66.08%), Phosphorus: 301.7mg (30.17%), Calcium: 224.42mg (22.44%), Fiber: 4.72g (18.87%), Magnesium: 72.51mg (18.13%), Vitamin B2: 0.29mg (17.02%), Vitamin B1: 0.25mg (16.7%), Selenium: 11.24µg (16.06%), Vitamin B12: 0.83µg (13.78%), Potassium: 481.79mg (13.77%), Copper: 0.26mg (13.22%), Zinc: 1.87mg (12.48%), Vitamin D: 1.68µg (11.18%), Vitamin B6: 0.19mg (9.68%), Iron: 1.72mg (9.56%), Vitamin B5: 0.95mg (9.52%), Vitamin A: 391.32IU (7.83%), Folate: 17.17µg (4.29%),

Vitamin B3: 0.69mg (3.44%), Vitamin E: 0.41mg (2.74%), Vitamin C: 2.04mg (2.47%), Vitamin K: 1.96µg (1.87%)