



Baked Apple Oatmeal

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped

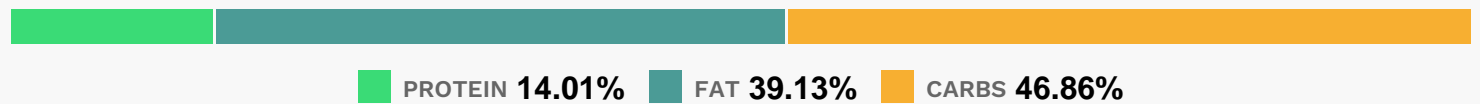
Equipment

- oven

Directions

- Heat oven to 350F. 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:17.79, Inflammation Score:-7, Nutrition Score:20.906521869742%

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: 473.55kcal (23.68%), Fat: 21.16g (32.56%), Saturated Fat: 8.17g (51.04%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 52.32g (19.03%), Sugar: 30.21g (33.57%), Cholesterol: 43.92mg (14.64%), Sodium: 251.97mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.09%), Manganese: 1.33mg (66.51%), Phosphorus: 517.34mg (51.73%), Calcium: 487.02mg (48.7%), Vitamin B2: 0.58mg (34.35%), Vitamin B12: 1.98µg (33%), Vitamin D: 4.03µg (26.84%), Vitamin B1: 0.37mg (24.67%), Magnesium: 98.13mg (24.53%), Potassium: 802.04mg (22.92%), Selenium: 15.3µg (21.85%), Fiber: 4.72g (18.87%), Zinc: 2.75mg (18.31%), Vitamin B5: 1.75mg (17.49%), Vitamin B6: 0.32mg (16.19%), Vitamin A: 737.19IU (14.74%), Copper: 0.27mg (13.33%), Iron: 1.72mg (9.56%),

Vitamin B3: 0.91mg (4.56%), Folate: 17.17µg (4.29%), Vitamin E: 0.52mg (3.46%), Vitamin K: 2.6µg (2.48%), Vitamin C: 2.04mg (2.47%)