



Baked Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 1 teaspoon double-acting baking powder
- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 1 large eggs beaten
- 1.5 cups milk fat-free
- 2 cups quick-cooking oats uncooked
- 0.3 cup raisins

1 tablespoon walnuts chopped

Equipment

bowl

oven

baking pan

Directions

Preheat oven to 37

Combine the first 5 ingredients in a medium bowl.

Combine the milk, applesauce, butter, and egg.

Add milk mixture to oat mixture; stir well.

Pour oat mixture into an 8-inch square baking dish coated with cooking spray.

Bake at 375 for 20 minutes.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:63.81, Glycemic Load:17.89, Inflammation Score:-6, Nutrition Score:13.592173812182%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 335.73kcal (16.79%), Fat: 9.16g (14.09%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 58.2g (19.4%), Net Carbohydrates: 54.09g (19.67%), Sugar: 27.9g (31%), Cholesterol: 51.44mg (17.15%), Sodium: 175.51mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Manganese: 1.51mg (75.7%), Phosphorus: 282.13mg (28.21%), Magnesium: 106.69mg (26.67%), Selenium: 16.12µg (23.03%), Calcium: 190.12mg (19.01%), Fiber: 4.11g (16.44%), Vitamin B1: 0.24mg (16.3%), Iron: 2.29mg (12.72%), Vitamin B2: 0.21mg (12.4%), Potassium: 390.04mg

(11.14%), Zinc: 1.6mg (10.64%), Copper: 0.21mg (10.33%), Vitamin B12: 0.52µg (8.75%), Vitamin B5: 0.71mg (7.07%),
Vitamin A: 351.36IU (7.03%), Vitamin B6: 0.14mg (6.84%), Vitamin D: 1.01µg (6.72%), Folate: 19.92µg (4.98%),
Vitamin E: 0.51mg (3.43%), Vitamin B3: 0.54mg (2.69%), Vitamin K: 1.64µg (1.56%)