

## Baked Oatmeal II



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



395 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 0.8 cup cranberries dried
- ☐ 2 eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup milk
- ☐ 3 cups rolled oats

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

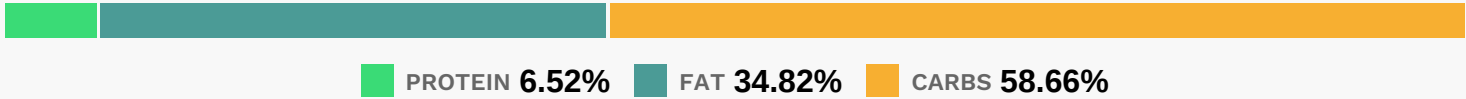
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter, and vanilla extract. Stir in dried cranberries.
- ☐ Spread into a 9x13 inch baking dish.
- ☐ Bake in preheated oven for 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:7.81, Inflammation Score:-4, Nutrition Score:10.538260949209%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 395.14kcal (19.76%), Fat: 15.64g (24.06%), Saturated Fat: 8.55g (53.46%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 55.35g (20.13%), Sugar: 36.88g (40.98%), Cholesterol: 75.08mg (25.03%), Sodium: 525.35mg (22.84%), Alcohol: 0.34g (100%), Alcohol %: 0.34% (100%), Protein: 6.59g (13.19%), Manganese: 1.25mg (62.31%), Phosphorus: 204.95mg (20.5%), Selenium: 13.3µg (19%), Fiber: 3.94g (15.76%), Calcium: 150.8mg (15.08%), Magnesium: 50.85mg (12.71%), Vitamin B1: 0.16mg (10.92%), Iron: 1.88mg (10.46%), Zinc: 1.42mg (9.45%), Vitamin A: 464.83IU (9.3%), Vitamin B2: 0.15mg (8.74%), Copper: 0.15mg (7.5%), Vitamin B5: 0.7mg (7.02%), Potassium: 220.44mg (6.3%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.29µg (4.78%), Vitamin B6: 0.08mg

(4.24%), Folate: 15.63µg (3.91%), Vitamin D: 0.56µg (3.7%), Vitamin K: 2.75µg (2.61%), Vitamin B3: 0.49mg (2.45%)