

Baked Oatmeal Squares

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup canola oil
- 1 eggs lightly beaten
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 0.3 cup nuts chopped
- 1.5 cups oats
- 0.3 cups raisins

0.5 teaspoon salt

0.5 cup sugar

Equipment

bowl

oven

baking pan

Directions

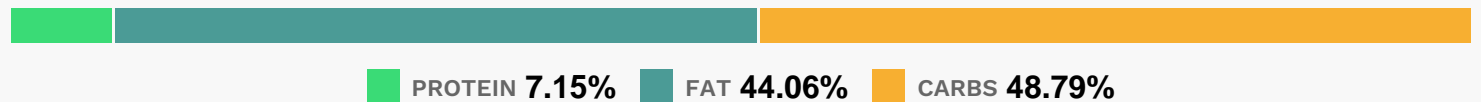
Combine all ingredients in a bowl.

Pour into a greased 8-in. square baking dish.

Bake at 350° for 25 minutes.

Cut into squares.

Nutrition Facts



Properties

Glycemic Index:59.76, Glycemic Load:22.75, Inflammation Score:-4, Nutrition Score:9.0786955848984%

Nutrients (% of daily need)

Calories: 298.85kcal (14.94%), Fat: 15.25g (23.46%), Saturated Fat: 1.94g (12.16%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 35.06g (12.75%), Sugar: 17.93g (19.92%), Cholesterol: 29.72mg (9.91%), Sodium: 285.8mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Manganese: 1.04mg (51.86%), Magnesium: 73.65mg (18.41%), Phosphorus: 173.24mg (17.32%), Selenium: 9.67µg (13.82%), Vitamin E: 1.87mg (12.44%), Fiber: 2.95g (11.78%), Vitamin B1: 0.14mg (9.51%), Copper: 0.18mg (8.87%), Iron: 1.54mg (8.58%), Calcium: 85.67mg (8.57%), Zinc: 1.07mg (7.14%), Vitamin K: 7.44µg (7.08%), Vitamin B2: 0.11mg (6.6%), Potassium: 200.08mg (5.72%), Vitamin B5: 0.41mg (4.08%), Vitamin B6: 0.07mg (3.73%), Folate: 13.12µg (3.28%), Vitamin B12: 0.18µg (2.92%), Vitamin B3: 0.54mg (2.72%), Vitamin D: 0.37µg (2.47%), Vitamin A: 73.93IU (1.48%)