



Becky's Baked Oatmeal

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

9

CALORIES

calories

253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2 bananas ripe mashed
- ☐ 0.3 cup brown sugar
- ☐ 2 eggs beaten
- ☐ 0.3 cup flaxseed oil
- ☐ 1 cup milk
- ☐ 3 cups oatmeal

☐ 0.8 cup sugar white

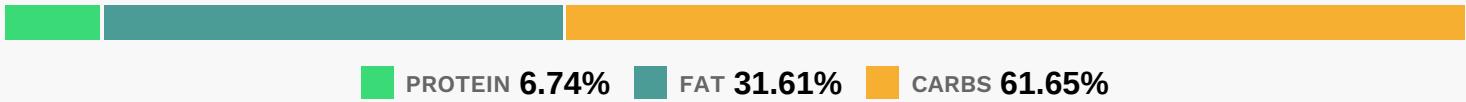
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir oatmeal, eggs, bananas, milk, white sugar, flaxseed oil, applesauce, brown sugar, and baking powder together in a bowl using a spoon; pour into a square baking dish.
- ☐ Bake in preheated oven until the edges begin to brown, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:35.04, Glycemic Load:20.12, Inflammation Score:-2, Nutrition Score:6.794782616522%

Flavonoids

Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 253.11kcal (12.66%), Fat: 9.18g (14.13%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 38.21g (13.89%), Sugar: 27.95g (31.05%), Cholesterol: 39.63mg (13.21%), Sodium: 135.57mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Manganese: 0.53mg (26.61%), Phosphorus: 134.89mg (13.49%), Selenium: 8.17µg (11.68%), Calcium: 111.4mg (11.14%), Vitamin E: 1.28mg (8.5%), Magnesium: 33.53mg (8.38%), Fiber: 2.08g (8.32%), Zinc: 1.06mg (7.07%), Vitamin B2: 0.12mg (6.99%), Vitamin B6: 0.14mg (6.88%), Iron: 1.12mg (6.2%), Potassium: 216.16mg (6.18%), Vitamin B5: 0.59mg (5.91%), Vitamin B1: 0.09mg (5.87%), Copper: 0.09mg (4.56%), Vitamin B12: 0.23µg (3.89%), Folate: 14.77µg (3.69%), Vitamin D: 0.49µg (3.29%), Vitamin C: 2.35mg (2.85%), Vitamin A: 115.47IU (2.31%), Vitamin B3: 0.4mg (1.99%)