



## Blackberry Pie Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 eggs
- 0.5 cup rolled oats
- 1 pinch salt
- 0.3 cup apple sauce unsweetened
- 1 cup water
- 6 ounce blackberry-flavored yogurt

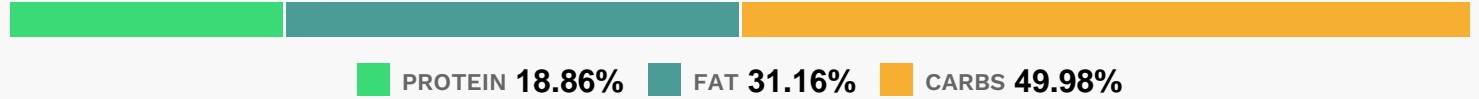
### Equipment

- sauce pan

## Directions

- Combine water, oats, and salt in a saucepan; bring to a boil, stirring occasionally. Fold egg into oatmeal until incorporated. Reduce heat to medium-low and simmer oatmeal mixture until egg is cooked, 3 to 5 minutes. Stir in blackberry yogurt and applesauce.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:9.2630434891452%

## Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 177.24kcal (8.86%), Fat: 6.22g (9.57%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 19.95g (7.25%), Sugar: 8.06g (8.96%), Cholesterol: 92.9mg (30.97%), Sodium: 97.69mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Manganese: 0.76mg (37.78%), Phosphorus: 209.5mg (20.95%), Selenium: 14.61µg (20.86%), Vitamin B2: 0.26mg (15.58%), Calcium: 130.96mg (13.1%), Magnesium: 43.22mg (10.81%), Zinc: 1.55mg (10.32%), Fiber: 2.49g (9.98%), Vitamin B1: 0.14mg (9.15%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.51µg (8.51%), Iron: 1.38mg (7.68%), Potassium: 265.66mg (7.59%), Copper: 0.13mg (6.63%), Folate: 24µg (6%), Vitamin B6: 0.1mg (4.79%), Vitamin A: 214.79IU (4.3%), Vitamin D: 0.52µg (3.5%), Vitamin E: 0.43mg (2.88%), Vitamin B3: 0.34mg (1.71%), Vitamin C: 0.83mg (1.01%)