



WHATSheATE



Blueberry Oatmeal Bread



Vegetarian

READY IN



200 min.

SERVINGS



20

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.8 cup milk
- ☐ 0.5 cup vegetable oil
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup rolled oats
- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 teaspoon salt
- ☐ 1 cup blueberries fresh frozen organic thawed drained cascadian farm® (and)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8- or 9-inch loaf pan.
- ☐ In large bowl, mix brown sugar, milk, oil and eggs with spoon. Stir in remaining ingredients except blueberries; beat 30 seconds. Fold in blueberries.
- ☐ Pour into pan.
- ☐ Sprinkle with additional oats if desired.
- ☐ Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:9.37, Inflammation Score:-2, Nutrition Score:4.2743478339651%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg

1.5mg, Peonidin: 1.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg
Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin:
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg,
Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 120.62kcal (6.03%), Fat: 2.23g (3.43%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 22.45g (7.48%), Net
Carbohydrates: 21.43g (7.79%), Sugar: 8.39g (9.32%), Cholesterol: 17.47mg (5.82%), Sodium: 105.06mg (4.57%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Manganese: 0.29mg (14.59%), Selenium: 7.56µg
(10.8%), Vitamin B1: 0.14mg (9.25%), Folate: 29.62µg (7.41%), Vitamin B2: 0.11mg (6.56%), Phosphorus: 64.15mg
(6.42%), Calcium: 60.74mg (6.07%), Iron: 1.05mg (5.83%), Vitamin B3: 0.93mg (4.64%), Fiber: 1.02g (4.08%),
Vitamin K: 3.63µg (3.46%), Magnesium: 11.64mg (2.91%), Zinc: 0.36mg (2.38%), Copper: 0.05mg (2.37%), Vitamin
B5: 0.23mg (2.28%), Potassium: 65.53mg (1.87%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.09µg (1.48%), Vitamin
E: 0.21mg (1.4%), Vitamin D: 0.19µg (1.26%)