



## Carrot Cake Oatmeal

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 apples cored peeled chopped
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 0.5 cup carrots shredded
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg
- 0.8 cup pecans chopped

- 0.5 cup yogurt plain
- 0.5 cup raisins
- 1 pinch salt
- 1 cup irish oats
- 4 cups water

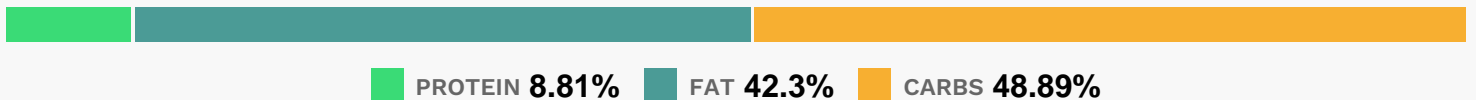
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Bring water to a boil in a heavy, large saucepan, and stir in the oats. Reduce heat to a simmer, and cook oats until they begin to thicken, about 10 minutes; mix in the apple, carrot, raisins, cinnamon, nutmeg, ginger, and salt.
- Let the oats simmer until tender, about 20 more minutes.
- While the oats are simmering, melt butter in a skillet over medium-low heat, and stir in the pecans. Toast the nuts until fragrant and lightly browned, 2 to 5 minutes, then sprinkle with brown sugar and stir until sugar has melted and coated the pecans.
- Serve in bowls, each topped with about 2 tablespoons of the pecan mixture and a dollop of yogurt.

## Nutrition Facts



## Properties

Glycemic Index:58.11, Glycemic Load:15.18, Inflammation Score:-8, Nutrition Score:8.5308693913014%

## Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.85mg,

Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg, Epigallocatechin: 0.85mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## **Nutrients (% of daily need)**

Calories: 292.04kcal (14.6%), Fat: 14.45g (22.23%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 31.24g (11.36%), Sugar: 7.15g (7.95%), Cholesterol: 7.67mg (2.56%), Sodium: 50.45mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Manganese: 0.79mg (39.6%), Vitamin A: 1885.71IU (37.71%), Fiber: 6.32g (25.3%), Copper: 0.24mg (12.23%), Iron: 1.92mg (10.67%), Vitamin B1: 0.12mg (8.16%), Phosphorus: 74.76mg (7.48%), Potassium: 261.23mg (7.46%), Magnesium: 28.02mg (7.01%), Calcium: 67.09mg (6.71%), Zinc: 0.83mg (5.54%), Vitamin B2: 0.08mg (4.95%), Vitamin B6: 0.09mg (4.39%), Vitamin C: 2.95mg (3.57%), Vitamin K: 2.86µg (2.73%), Vitamin E: 0.39mg (2.6%), Vitamin B5: 0.26mg (2.57%), Vitamin B3: 0.47mg (2.34%), Folate: 7.98µg (2%), Selenium: 1.2µg (1.72%), Vitamin B12: 0.08µg (1.33%)