



## Christmas Morning Oatmeal



Vegetarian



Gluten Free



Popular

READY IN



495 min.

SERVINGS



4

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup apple juice
- 0.3 cup brown sugar
- 0.3 cup butter cut into pieces
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 0.8 cup cranberries dried
- 2 granny smith apples - cored peeled sliced
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

- 2 cups regular rolled oats
- 0.3 teaspoon salt
- 2 cups water

## Equipment

- bowl
- slow cooker

## Directions

- Mix the brown sugar, cinnamon, and nutmeg together in a bowl.
- Add the apples and cranberries, tossing to coat evenly with the sugar mixture.
- Pour into a slow cooker. Top with butter pieces.
- Mix the oatmeal together with the water, apple juice, cranberry juice, and salt in a bowl, and pour over the apple mixture in the slow cooker. Do not stir. Cover, and cook on Low for 8 hours.
- Stir before serving. Spoon into bowls and top with candied walnuts, if desired.

## Nutrition Facts



## Properties

Glycemic Index:73.44, Glycemic Load:19.87, Inflammation Score:-6, Nutrition Score:14.073043549838%

## Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.77mg, Epicatechin: 9.77mg, Epicatechin: 9.77mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 5.03mg,

Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

## Nutrients (% of daily need)

Calories: 505.07kcal (25.25%), Fat: 14.91g (22.94%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 92.59g (30.86%), Net Carbohydrates: 84.29g (30.65%), Sugar: 57.94g (64.38%), Cholesterol: 30.5mg (10.17%), Sodium: 256.02mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Manganese: 1.81mg (90.54%), Fiber: 8.31g (33.22%), Phosphorus: 196.45mg (19.65%), Magnesium: 72.94mg (18.23%), Selenium: 12.38µg (17.68%), Vitamin B1: 0.23mg (15.09%), Copper: 0.28mg (13.79%), Iron: 2.39mg (13.26%), Vitamin C: 10.72mg (13%), Vitamin E: 1.93mg (12.86%), Potassium: 400.46mg (11.44%), Zinc: 1.67mg (11.13%), Vitamin A: 436.23IU (8.72%), Vitamin K: 9.07µg (8.64%), Calcium: 71.81mg (7.18%), Vitamin B2: 0.12mg (7.08%), Vitamin B6: 0.14mg (7.04%), Vitamin B5: 0.63mg (6.33%), Folate: 17.38µg (4.35%), Vitamin B3: 0.81mg (4.05%)