



Cranberry Apple Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



508 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples diced cored
- 0.3 cup brown sugar
- 0.5 cup cranberries fresh
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 cup quick-cooking oats
- 1 pinch salt
- 0.5 cup walnuts chopped

2 cups water

Equipment

bowl

Directions

Combine water, apple, and cranberries together in a bowl; bring to a boil. Cook mixture until cranberries burst and apple is tender, about 5 minutes. Reduce heat to medium and stir oats, brown sugar, cinnamon, nutmeg, and salt into apple mixture. Cook, stirring continuously, until water is absorbed and oatmeal thickens, 2 to 3 minutes. Top oatmeal with walnuts.

Nutrition Facts



PROTEIN 7.72% **FAT 36.92%** **CARBS 55.36%**

Properties

Glycemic Index:118.5, Glycemic Load:20.22, Inflammation Score:-7, Nutrition Score:17.739999983622%

Flavonoids

Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg, Cyanidin: 13.83mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg, Peonidin: 12.31mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 507.57kcal (25.38%), Fat: 22.14g (34.06%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 74.71g (24.9%), Net Carbohydrates: 65.54g (23.83%), Sugar: 38.63g (42.92%), Cholesterol: 0mg (0%), Sodium: 42.21mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Manganese: 2.98mg (148.8%), Magnesium: 167.32mg (41.83%), Fiber: 9.17g (36.69%), Copper: 0.71mg (35.44%), Phosphorus: 301.59mg (30.16%), Vitamin B1: 0.34mg (22.54%), Selenium: 15.59µg (22.27%), Iron: 3.14mg (17.46%), Zinc: 2.31mg (15.38%), Vitamin B6: 0.26mg (13.08%), Potassium: 431.11mg (12.32%), Folate: 45.11µg (11.28%), Vitamin C: 8.09mg (9.81%), Calcium: 90.58mg

(9.06%), Vitamin B2: 0.12mg (7.15%), Vitamin E: 0.99mg (6.63%), Vitamin B5: 0.62mg (6.22%), Vitamin K: 5.49µg (5.23%), Vitamin B3: 0.81mg (4.04%), Vitamin A: 71.72IU (1.43%)