



 **21%**
HEALTH SCORE

Cranberry-Ginger Oatmeal With Toasted Hazelnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cinnamon sticks
- 0.5 cup cranberries fresh
- 1 inch ginger fresh peeled
- 0.3 cup hazelnuts crushed
- 0.3 teaspoon nutmeg
- 0.5 cup rolled oats
- 1 teaspoon salt

1.3 cups water

Equipment

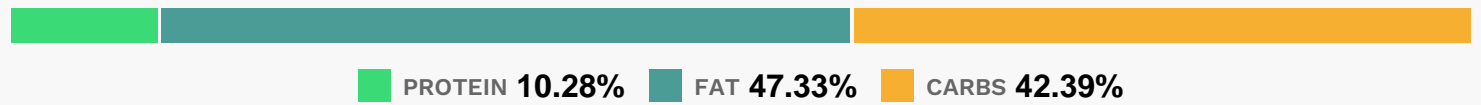
frying pan

sauce pan

Directions

Add water, cranberries, ginger, and spices to a medium saucepan. Bring to a boil over medium-high heat. When the cranberries begin to burst, lower the heat to medium-low and add the oats, stirring occasionally until the desired consistency is reached, about 5-7 minutes. When oatmeal is cooked, remove the ginger and cinnamon stick and add salt. Meanwhile, heat a small skillet over medium-low heat and add hazelnuts. Toast in the pan until you can smell the hazelnuts, as this means they are releasing their oils. Turn off heat and add hazelnuts to the oatmeal.

Nutrition Facts



Properties

Glycemic Index:190, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:19.338695652174%

Flavonoids

Cyanidin: 25.23mg, Cyanidin: 25.23mg, Cyanidin: 25.23mg, Cyanidin: 25.23mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 381.92kcal (19.1%), Fat: 21.23g (32.65%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 31.86g (11.59%), Sugar: 4.18g (4.64%), Cholesterol: 0mg (0%), Sodium: 2345.04mg (101.96%),

Protein: 10.38g (20.76%), Manganese: 4.15mg (207.6%), Fiber: 10.91g (43.63%), Copper: 0.78mg (39.22%), Vitamin E: 5.43mg (36.2%), Magnesium: 116.89mg (29.22%), Phosphorus: 264.4mg (26.44%), Vitamin B1: 0.39mg (25.98%), Iron: 3.62mg (20.09%), Selenium: 12.66µg (18.08%), Zinc: 2.39mg (15.93%), Vitamin B6: 0.26mg (12.77%), Potassium: 437.12mg (12.49%), Folate: 48.73µg (12.18%), Vitamin C: 9.39mg (11.38%), Calcium: 106.7mg (10.67%), Vitamin B5: 0.9mg (9.04%), Vitamin K: 8.67µg (8.26%), Vitamin B2: 0.11mg (6.52%), Vitamin B3: 1.15mg (5.75%)