



Cranberry-Orange Spiced Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup blueberries frozen
- 0.3 cup cranberries dried
- 0.5 teaspoon ground cinnamon to taste
- 0.8 cup rolled oats
- 1 cup water

Equipment

- bowl
- microwave

Directions

- Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl.
- Add the turmeric and ginger, if desired.
- Pour in the water, and stir to mix ingredients. Cook on High until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.

Nutrition Facts

PROTEIN 8.96% **FAT 10.59%** **CARBS 80.45%**

Properties

Glycemic Index:85, Glycemic Load:17.61, Inflammation Score:-6, Nutrition Score:16.045217363731%

Flavonoids

Cyanidin: 6.44mg, Cyanidin: 6.44mg, Cyanidin: 6.44mg, Cyanidin: 6.44mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.25mg, Delphinidin: 26.25mg, Delphinidin: 26.25mg, Delphinidin: 26.25mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 368.46kcal (18.42%), Fat: 4.55g (7%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 77.8g (25.93%), Net Carbohydrates: 67.74g (24.63%), Sugar: 29.99g (33.33%), Cholesterol: 0mg (0%), Sodium: 17.83mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Manganese: 2.71mg (135.55%), Fiber: 10.06g (40.22%), Phosphorus: 261.27mg (26.13%), Selenium: 17.86µg (25.52%), Magnesium: 92.54mg (23.13%), Vitamin B1: 0.31mg (20.75%), Vitamin K: 18.11µg (17.25%), Copper: 0.34mg (17.01%), Iron: 2.99mg (16.63%), Zinc: 2.4mg (16.03%), Vitamin E: 1.34mg (8.91%), Vitamin C: 7.28mg (8.82%), Potassium: 296.27mg (8.46%), Vitamin B5: 0.84mg (8.42%), Vitamin B2: 0.13mg (7.85%), Folate: 23.96µg (5.99%), Vitamin B3: 1.17mg (5.85%), Vitamin B6: 0.11mg (5.62%), Calcium: 55.91mg (5.59%)