

De-lish Oatmeal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup apple cider
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pears diced
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup oats organic
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cranberries dried sweetened

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 cup water

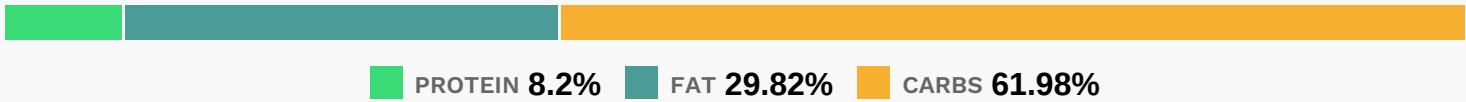
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water and apple cider to a boil in a large saucepan. Stir in oats and salt; reduce heat to low, and cook 3 minutes, stirring occasionally.
- ☐ Add pear, cranberries, cinnamon, and vanilla, stirring gently to combine; cook 3 minutes or until oats are tender. Stir in pecans and milk.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:10.46, Inflammation Score:-3, Nutrition Score:10.225652285244%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 247.47kcal (12.37%), Fat: 8.55g (13.15%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 34.71g (12.62%), Sugar: 17.33g (19.26%), Cholesterol: 0.61mg (0.2%), Sodium: 403.73mg (17.55%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 5.29g (10.57%), Manganese: 1.53mg (76.69%), Fiber: 5.26g (21.06%), Phosphorus: 166.21mg (16.62%), Magnesium: 56.81mg (14.2%), Vitamin B1: 0.21mg (14.18%), Copper: 0.26mg (13.08%), Selenium: 8.72µg (12.46%), Zinc: 1.55mg (10.33%), Iron: 1.57mg (8.71%), Potassium: 266.85mg (7.62%), Calcium: 60.8mg (6.08%), Vitamin B2: 0.1mg (5.93%), Vitamin B5: 0.52mg (5.19%), Vitamin B6: 0.08mg

(4.04%), Vitamin E: 0.5mg (3.32%), Folate: 12.95µg (3.24%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.91µg (2.77%),
Vitamin C: 1.82mg (2.2%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.22µg (1.5%), Vitamin A: 55.02IU (1.1%)