



Easy Apple Cinnamon Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



2

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 medium apples cored cubed peeled
- ☐ 1 cup apple cider
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup cooking oatmeal gluten-free for quick (use certified oats)
- ☐ 0.1 teaspoon salt
- ☐ 2 servings sweetener to taste (i.e. coconut sugar, stevia, maple syrup)
- ☐ 1 cup water

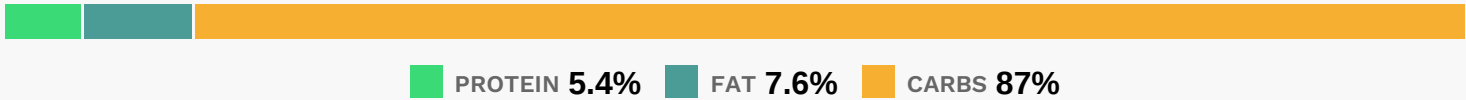
Equipment

☐ sauce pan

Directions

- ☐ In a small saucepan, combine the apple cider, water, lemon juice and apple and bring to a boil over medium-high heat.
- ☐ Add oatmeal, cinnamon and salt and stir together. Reduce heat to medium and cook for about 2 minutes, until thickened.
- ☐ Remove from heat and let sit for 3-5 minutes before serving. Give it a taste test, and if desired, stir in your favorite sweetener to taste.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:20.85, Inflammation Score:-3, Nutrition Score:9.2021739120069%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg 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, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 240.22kcal (12.01%), Fat: 2.09g (3.22%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 53.94g (17.98%), Net Carbohydrates: 49.27g (17.92%), Sugar: 33.19g (36.88%), Cholesterol: 0mg (0%), Sodium: 163.43mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Manganese: 1.34mg (67.19%), Fiber: 4.68g (18.71%),

Vitamin B2: 0.32mg (18.65%), Magnesium: 47.79mg (11.95%), Phosphorus: 108.62mg (10.86%), Potassium: 347.98mg (9.94%), Vitamin B1: 0.14mg (9.52%), Zinc: 1.39mg (9.26%), Selenium: 6.44µg (9.19%), Iron: 1.37mg (7.6%), Vitamin C: 6.23mg (7.56%), Copper: 0.15mg (7.31%), Calcium: 56mg (5.6%), Vitamin B5: 0.48mg (4.81%), Vitamin B6: 0.07mg (3.32%), Folate: 10.26µg (2.57%), Vitamin K: 2.51µg (2.39%), Vitamin B3: 0.46mg (2.28%), Vitamin E: 0.28mg (1.9%), Vitamin A: 51.94IU (1.04%)