



## Easy Baked Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 0.7 cup canola oil
- 6 eggs
- 2 cups milk
- 6 cups cooking oats quick
- 1 teaspoon salt
- 1.5 teaspoons vanilla extract

0.5 cup walnuts coarsely chopped

## Equipment

bowl

oven

knife

baking pan

## Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease and flour a 9x13 inch baking pan.

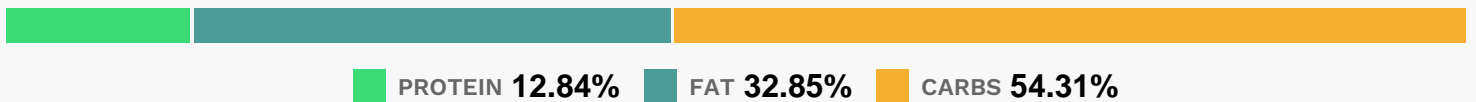
In a large bowl, stir together the oats, brown sugar, salt and baking powder. In a separate medium bowl, stir together the eggs, milk, vanilla and canola oil.

Pour the wet ingredients into the dry ingredients, and stir until well blended. Spoon into the prepared baking pan, and spread evenly.

Sprinkle walnuts over the top.

Bake for 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:26.88, Glycemic Load:24.61, Inflammation Score:-7, Nutrition Score:20.673478338705%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 471.16kcal (23.56%), Fat: 17.77g (27.34%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 66.08g (22.03%), Net Carbohydrates: 59.88g (21.77%), Sugar: 24.21g (26.9%), Cholesterol: 130.08mg (43.36%), Sodium: 448.04mg (19.48%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 15.63g (31.25%), Manganese: 2.89mg (144.6%), Magnesium: 189.18mg (47.29%), Selenium: 32.57µg (46.53%), Phosphorus: 448.07mg (44.81%), Vitamin B1: 0.4mg (26.72%), Fiber: 6.21g (24.83%), Iron: 3.84mg (21.36%), Calcium: 190.71mg (19.07%), Zinc: 2.86mg (19.04%), Copper:

0.38mg (18.81%), Vitamin B2: 0.32mg (18.8%), Vitamin B5: 1.23mg (12.34%), Potassium: 415.74mg (11.88%), Folate: 42.34µg (10.59%), Vitamin B12: 0.62µg (10.39%), Vitamin B6: 0.2mg (10.1%), Vitamin E: 1.51mg (10.05%), Vitamin D: 1.33µg (8.87%), Vitamin A: 278.48IU (5.57%), Vitamin K: 5.09µg (4.84%), Vitamin B3: 0.7mg (3.48%)