



Easy Maple NUTELLA® Baked Oatmeal



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup poached berries fresh assorted
- ☐ 0.3 cup lightly brown sugar packed
- ☐ 2 eggs lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon maple extract
- ☐ 1 cup milk
- ☐ 0.5 cup nutella

- ☐ 2.5 cups quick-cooking rolled oats
- ☐ 0.5 cup trail mix unsalted
- ☐ 0.5 cup trail mix unsalted

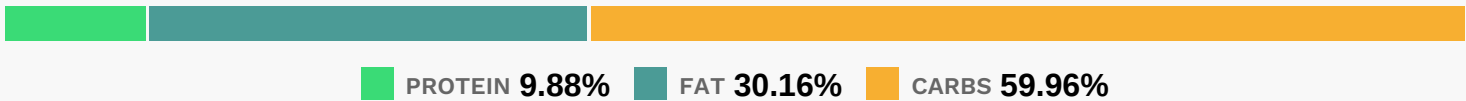
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Spray an 8-inch (20 cm) square baking pan with vegetable cooking spray.
- ☐ In a large bowl, combine oats, sugar, cinnamon and baking powder. In a separate bowl, whisk eggs, milk and maple extract; stir into oat mixture just until combined.
- ☐ Fold in fruit and pour into pan.
- ☐ Sprinkle top with trail mix.
- ☐ Bake for 35 to 40 minutes or until tester inserted into the center comes out clean.
- ☐ Let cool for 10 minutes.
- ☐ Serve with a tablespoon (15 mL) dollop of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:13.61, Inflammation Score:-4, Nutrition Score:11.466087045877%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg

4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 274.96kcal (13.75%), Fat: 9.46g (14.55%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 38.26g (13.91%), Sugar: 22.53g (25.03%), Cholesterol: 44.58mg (14.86%), Sodium: 144.44mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Manganese: 1.33mg (66.73%), Phosphorus: 221.7mg (22.17%), Magnesium: 87.61mg (21.9%), Selenium: 13.39µg (19.12%), Fiber: 4.05g (16.21%), Calcium: 146.26mg (14.63%), Iron: 2.42mg (13.45%), Vitamin B1: 0.18mg (12.03%), Copper: 0.2mg (10.08%), Vitamin B2: 0.16mg (9.52%), Vitamin E: 1.34mg (8.91%), Zinc: 1.3mg (8.65%), Potassium: 251.88mg (7.2%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.31µg (5.22%), Vitamin B6: 0.09mg (4.68%), Folate: 17.37µg (4.34%), Vitamin K: 4.55µg (4.33%), Vitamin D: 0.56µg (3.7%), Vitamin A: 119.02IU (2.38%), Vitamin B3: 0.44mg (2.21%)