



Grandma Louise's Oatmeal with Grated Apple



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 medium apples grated
- ☐ 0.5 teaspoon butter
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup milk
- ☐ 1 cup oatmeal
- ☐ 1 pinch salt
- ☐ 2.3 cups water

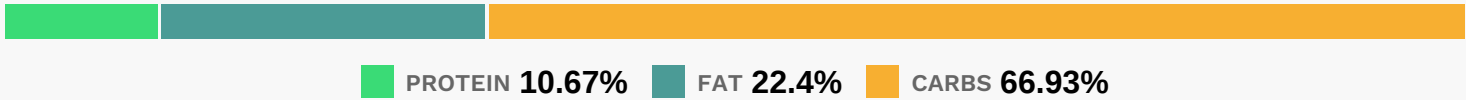
Equipment

☐ sauce pan

Directions

- ☐ Combine the oatmeal, water, and salt in a medium saucepan. Bring to a boil.
- ☐ Add the grated apple and lemon juice and cook for about 5 minutes, stirring occasionally.
- ☐ Add the milk and butter. Stir well and cook for 1 minute.
- ☐ Serve immediately, perhaps with a sprinkle of brown sugar or a drizzle of maple syrup.
- ☐ Per serving: 277.4 calories, 177.2 calories from fat, 19.7g total fat, 6.9g saturated fat, 73.3mg cholesterol, 1597.6mg sodium, 9.6g total carbs, 5.5g sugars, 15.5g protein
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From When French Women Cook by Madeleine Kamman, ©2004 by Madeleine Kamman. Published by Ten Speed Press. Madeleine Kamman was born in Paris and started her culinary career in 1940 at her aunt's restaurant in the Touraine region of France. A revered culinary instructor since 1962, Kamman has written two other books: Dinner Against the Clock and The New Making of a Cook.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:11.31, Inflammation Score:-4, Nutrition Score:7.5221739229949%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin:

3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 163.79kcal (8.19%), Fat: 4.25g (6.53%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 24.37g (8.86%), Sugar: 11.77g (13.07%), Cholesterol: 7.57mg (2.52%), Sodium: 62.26mg (2.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 0.71mg (35.52%), Fiber: 4.17g (16.68%), Phosphorus: 141.32mg (14.13%), Magnesium: 43.79mg (10.95%), Selenium: 7.09µg (10.12%), Zinc: 1.4mg (9.33%), Vitamin B1: 0.13mg (8.48%), Copper: 0.16mg (7.78%), Calcium: 74.65mg (7.46%), Potassium: 241.63mg (6.9%), Iron: 1.16mg (6.45%), Vitamin B2: 0.1mg (5.83%), Vitamin B5: 0.57mg (5.73%), Vitamin C: 4.67mg (5.66%), Vitamin B12: 0.22µg (3.7%), Vitamin B6: 0.07mg (3.43%), Vitamin D: 0.45µg (2.98%), Vitamin A: 146.33IU (2.93%), Folate: 10.02µg (2.5%), Vitamin K: 2.56µg (2.44%), Vitamin E: 0.31mg (2.06%), Vitamin B3: 0.39mg (1.95%)