



Healthy Baked Steel Cut Oatmeal

 Vegetarian  Gluten Free

READY IN



555 min.

SERVINGS



10

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 bananas ripe mashed
- ☐ 2 eggs beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 4 cups milk 1%
- ☐ 0.5 cup raisins to taste
- ☐ 1 teaspoon salt
- ☐ 2 cups steel-cut oats

- ☐ 0.5 cup apple sauce unsweetened
- ☐ 2 teaspoons vanilla extract

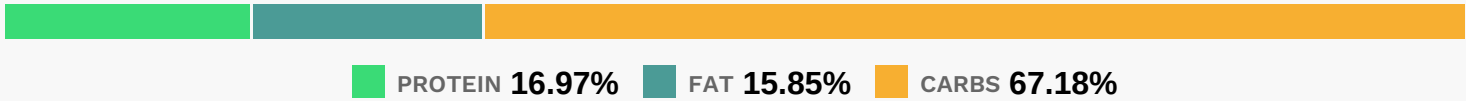
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Bring milk to a boil in a saucepan; immediately reduce heat to medium-low. Stir oats and vanilla into the milk. Stirring occasionally, cook at a simmer until the oats are soft, about 20 minutes. Set aside to cool slightly.
- ☐ Mix bananas, eggs, and applesauce in a large bowl.
- ☐ Mix baking powder, cinnamon, and salt in a small bowl; stir into the banana mixture.
- ☐ Add oats mixture to the bowl; stir. Fold raisins through the oat mixture; pour into a 9x13-inch baking dish. Cover dish with plastic wrap; refrigerate 8 hours to overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove plastic wrap from baking dish and bake in preheated oven until golden brown, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:15.91, Inflammation Score:-3, Nutrition Score:7.2047825339048%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 228kcal (11.4%), Fat: 4.11g (6.32%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 34.2g (12.44%), Sugar: 8.85g (9.83%), Cholesterol: 37.46mg (12.49%), Sodium: 369.28mg (16.06%), Alcohol: 0.28g (100%), Alcohol %: 0.19% (100%), Protein: 9.9g (19.79%), Fiber: 4.97g (19.9%), Calcium: 194.82mg (19.48%), Phosphorus: 143.73mg (14.37%), Vitamin B2: 0.21mg (12.2%), Vitamin B12: 0.65µg (10.9%), Iron: 1.88mg (10.45%), Potassium: 318.68mg (9.11%), Vitamin B6: 0.18mg (8.8%), Manganese: 0.16mg (8.19%), Vitamin D: 1.21µg (8.1%), Selenium: 5.01µg (7.16%), Vitamin B5: 0.56mg (5.64%), Magnesium: 21.85mg (5.46%), Vitamin B1: 0.08mg (5.07%), Vitamin A: 252.37IU (5.05%), Zinc: 0.58mg (3.87%), Vitamin C: 2.58mg (3.13%), Folate: 11.35µg (2.84%), Copper: 0.05mg (2.65%), Vitamin B3: 0.37mg (1.85%), Vitamin E: 0.16mg (1.09%)