



 **8%**
HEALTH SCORE

Healthy Black Forest Baked Oatmeal

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup rolled oats instant (not)
- 0.5 cup apple sauce
- 0.5 cup non-dairy milk fat free (or dairy free milk, to make vegan)
- 0.8 cup cherries fresh pitted ()
- 0.5 Tsp vanilla extract
- 0.3 cup chocolate chips
- 1 Tbsp chia seeds
- 1 Tbsp cocoa powder

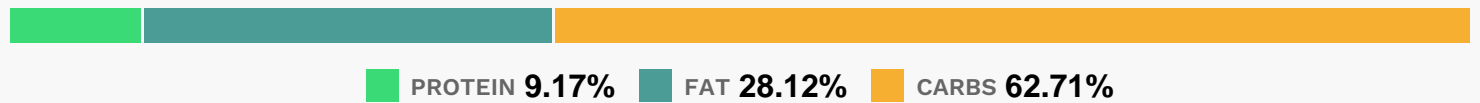
Equipment

- bowl
- oven
- muffin tray

Directions

- Preheat oven to 375
- Combine all ingredients in a medium bowl.
- Spray a muffin tin with cooking oil. Fill the tin to the top with oats. It should make about six eight oatmeal cakes.
- Bake uncovered for 20 minutes. For a light crust, broil for an additional 3–5 minutes until lightly browned.
- Serve on its own or with fresh fruit, yogurt, or milk.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:7.68, Inflammation Score:-5, Nutrition Score:11.798695652174%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg, Catechin: 2.95mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.46mg, Epicatechin: 7.46mg, Epicatechin: 7.46mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 259.51kcal (12.98%), Fat: 8.42g (12.95%), Saturated Fat: 3.35g (20.97%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 36.13g (13.14%), Sugar: 18.19g (20.21%), Cholesterol: 0mg (0%), Sodium: 23.18mg (1.01%), Alcohol: 0.24g (1.34%), Caffeine: 4.14mg (1.38%), Protein: 6.17g (12.35%), Manganese: 1.2mg (59.75%), Fiber: 6.1g (24.4%), Phosphorus: 167.74mg (16.77%), Magnesium: 64.78mg (16.19%), Selenium: 11.3µg (16.15%), Copper: 0.29mg (14.57%), Vitamin B1: 0.19mg (12.99%), Iron: 2.12mg (11.77%), Calcium: 113.57mg (11.36%), Vitamin B3: 2.08mg (10.4%), Potassium: 347.51mg (9.93%), Zinc: 1.42mg (9.47%), Vitamin B2: 0.16mg (9.15%), Vitamin E: 1.22mg (8.1%), Vitamin B6: 0.15mg (7.44%), Vitamin B12: 0.42µg (7.08%), Vitamin C: 5.72mg (6.93%), Folate: 26.37µg (6.59%), Vitamin B5: 0.39mg (3.93%), Vitamin A: 190.61IU (3.81%), Vitamin D: 0.47µg (3.15%), Vitamin K: 1.51µg (1.44%)