



WHATSheATE



Healthy & Delicious: Baked Oatmeal



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 large apples diced peeled
- ☐ 0.7 cup apple cider
- ☐ 1.5 tablespoons brown sugar
- ☐ 3 servings shortening
- ☐ 1 teaspoon cinnamon
- ☐ 1 Dash cardamom
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup milk 2%

- ☐ 1 cup oats (Quaker old-fashioned, etc.)
- ☐ 0.3 teaspoon salt
- ☐ 5 walnut halves chopped

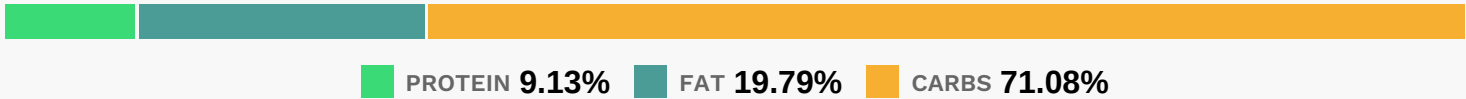
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F and grease a small casserole dish.
- ☐ In a medium bowl, combine oats, brown sugar, cinnamon, salt, and other spices. Stir to mix.
- ☐ Add apples. Stir again and pour into casserole dish.
- ☐ In a large glass measuring cup, slowly whisk milk, cider, and maple syrup together.
- ☐ Pour into oatmeal mixture.
- ☐ Bake for 20 minutes.
- ☐ Remove, top with pecan bits, and bake for another 10 minutes.
- ☐ Remove from oven, let sit for 5 minutes to cool, and serve.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:14.65, Inflammation Score:-4, Nutrition Score:12.304347680963%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg

Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg
Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg
Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin:
3.28mg

Nutrients (% of daily need)

Calories: 295.73kcal (14.79%), Fat: 6.7g (10.3%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 54.14g (18.05%), Net
Carbohydrates: 48.94g (17.8%), Sugar: 30.93g (34.37%), Cholesterol: 6.29mg (2.1%), Sodium: 238.29mg (10.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Manganese: 1.61mg (80.38%), Vitamin B2:
0.39mg (22.96%), Fiber: 5.21g (20.82%), Phosphorus: 207.29mg (20.73%), Magnesium: 61.38mg (15.34%), Calcium:
146.83mg (14.68%), Selenium: 10.09µg (14.41%), Vitamin B1: 0.2mg (13.28%), Potassium: 396.44mg (11.33%), Zinc:
1.61mg (10.77%), Copper: 0.2mg (9.76%), Iron: 1.53mg (8.52%), Vitamin B12: 0.42µg (6.95%), Vitamin B5: 0.69mg
(6.9%), Vitamin B6: 0.12mg (5.92%), Vitamin C: 4.12mg (5%), Folate: 18.18µg (4.54%), Vitamin K: 3.16µg (3.01%),
Vitamin B3: 0.55mg (2.72%), Vitamin E: 0.38mg (2.51%), Vitamin A: 123.54IU (2.47%)