



## Heart Healthy Cookbook Apple Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.7 cups rolled oats
- 0.5 cup raisins
- 0.3 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 4 cups skim milk fat-free (skim)
- 2 cups apples chopped
- 0.5 cup walnut pieces chopped

1 serving milk fat-free (skim)

## Equipment

oven

## Directions

Heat oven to 350°F.

Mix oats, raisins, brown sugar, cinnamon, salt and 4 cups milk and the apples in 2-quart casserole.

Bake uncovered 40 to 45 minutes or until most liquid is absorbed.

Sprinkle walnuts over top.

Serve with additional milk.

## Nutrition Facts

 **PROTEIN 13.64%**  **FAT 23.16%**  **CARBS 63.2%**

## Properties

Glycemic Index:28.38, Glycemic Load:13.82, Inflammation Score:-5, Nutrition Score:13.992608604224%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 288.73kcal (14.44%), Fat: 7.71g (11.86%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 42.61g (15.5%), Sugar: 20.26g (22.51%), Cholesterol: 7.34mg (2.44%), Sodium: 141.7mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Manganese: 1.32mg (66.02%), Phosphorus: 308.75mg (30.88%), Calcium: 235.01mg (23.5%), Fiber: 4.72g (18.87%), Magnesium: 72.47mg (18.12%), Vitamin B1: 0.25mg (16.7%), Vitamin B2: 0.28mg (16.48%), Selenium: 11.37µg (16.24%), Vitamin B12: 0.88µg (14.59%), Potassium:

501.9mg (14.34%), Copper: 0.27mg (13.29%), Zinc: 1.92mg (12.82%), Vitamin D: 1.68µg (11.22%), Iron: 1.72mg (9.56%),  
Vitamin B6: 0.19mg (9.5%), Vitamin B5: 0.93mg (9.32%), Vitamin A: 318.39IU (6.37%), Folate: 19.58µg (4.9%),  
Vitamin B3: 0.7mg (3.52%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.24mg (1.61%), Vitamin K: 1.6µg (1.52%)