



Heart Healthy Cookbook Apple Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

☐ 0.5 cup walnut pieces chopped

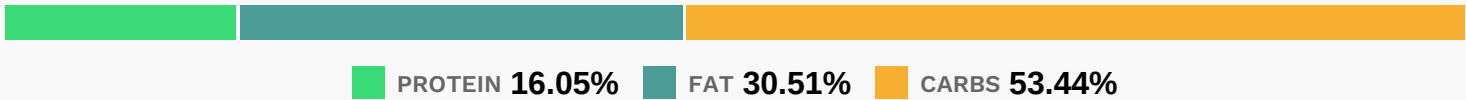
Equipment

☐ oven

Directions

- ☐ Heat oven to 350F.
- ☐ 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



Properties

Glycemic Index:28.38, Glycemic Load:17.61, Inflammation Score:-7, Nutrition Score:20.929130305415%

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: 416.83kcal (20.84%), Fat: 14.54g (22.37%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 52.58g (19.12%), Sugar: 30.53g (33.92%), Cholesterol: 32.96mg (10.99%), Sodium: 222.83mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Manganese: 1.33mg (66.45%), Phosphorus: 524.39mg (52.44%), Calcium: 497.61mg (49.76%), Vitamin B2: 0.57mg (33.81%), Vitamin B12: 2.03µg (33.8%), Vitamin D: 4.03µg (26.88%), Vitamin B1: 0.37mg (24.67%), Magnesium: 98.09mg (24.52%), Potassium:

822.15mg (23.49%), Selenium: 15.43µg (22.04%), Fiber: 4.72g (18.87%), Zinc: 2.8mg (18.65%), Vitamin B5: 1.73mg (17.28%), Vitamin B6: 0.32mg (16.01%), Copper: 0.27mg (13.39%), Vitamin A: 664.26IU (13.29%), Iron: 1.72mg (9.56%), Folate: 19.58µg (4.9%), Vitamin B3: 0.93mg (4.64%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.35mg (2.33%), Vitamin K: 2.24µg (2.13%)