



Heart Healthy Cookbook Apple Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 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
- 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 350°F.

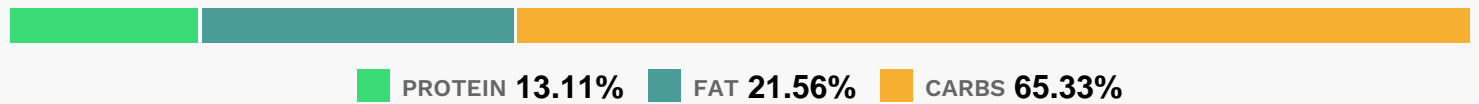
Mix oats, raisins, brown sugar, cinnamon, salt and 4 cups milk and the apples in 2-quart casserole.

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

Sprinkle walnuts over top.

Serve with additional milk.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:13.28, Inflammation Score:-5, Nutrition Score:13.000000088111%

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: 270.43kcal (13.52%), Fat: 6.73g (10.36%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 41.19g (14.98%), Sugar: 18.79g (20.88%), Cholesterol: 3.67mg (1.23%), Sodium: 130.11mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Manganese: 1.32mg (65.96%), Phosphorus: 277.95mg (27.79%), Calcium: 197.49mg (19.75%), Fiber: 4.72g (18.87%), Magnesium: 68.81mg (17.2%), Vitamin B1: 0.23mg (15.56%), Selenium: 10.79µg (15.42%), Vitamin B2: 0.24mg (14%), Copper: 0.27mg (13.27%), Potassium: 456.15mg (13.03%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.71µg (11.84%), Iron: 1.72mg (9.56%), Vitamin D: 1.35µg

(8.98%), Vitamin B6: 0.17mg (8.57%), Vitamin B5: 0.82mg (8.18%), Vitamin A: 268.98IU (5.38%), Folate: 19.58µg (4.9%), Vitamin B3: 0.67mg (3.36%), Vitamin C: 2.03mg (2.46%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.5µg (1.43%)