



Hearty Oats and Grains



Vegetarian



Gluten Free

READY IN



195 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apples sliced
- ☐ 2 cups apple cider (such as Zeigler's)
- ☐ 1 cup highest available proof grain spirit (such as Laurel Hill)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 cup milk 2% warmed reduced-fat
- ☐ 0.3 cup maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 1 cup steel-cut oats

- ☐ 0.5 cup walnuts toasted chopped
- ☐ 3 cups water

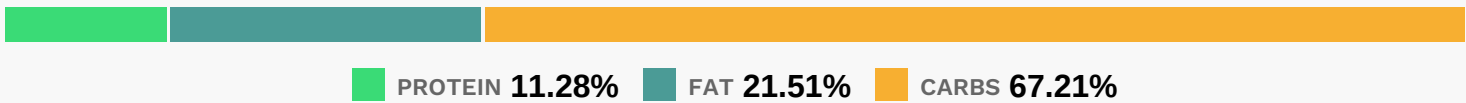
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Coat the inside of a 6-quart electric slow cooker with cooking spray.
- ☐ Place 3 cups water and next 5 ingredients (through salt) in cooker, stirring well. Cover and cook on LOW for 3 hours.
- ☐ Spoon 2/3 cup oat mixture into each of 8 bowls; top each with 2 tablespoons milk, 2 teaspoons syrup, 3 tablespoons apple, and 1 tablespoon nuts.

Nutrition Facts



Properties

Glycemic Index:30.91, Glycemic Load:20.9, Inflammation Score:-3, Nutrition Score:8.9473913804345%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 287.65kcal (14.38%), Fat: 7.09g (10.91%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 45.03g (16.38%), Sugar: 18.34g (20.38%), Cholesterol: 2.36mg (0.79%), Sodium: 169.03mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Manganese: 0.95mg (47.29%), Fiber: 4.81g (19.24%), Vitamin B2: 0.3mg (17.92%), Phosphorus: 145.99mg (14.6%), Magnesium: 58.25mg (14.56%), Copper:

0.25mg (12.59%), Zinc: 1.69mg (11.27%), Iron: 1.58mg (8.8%), Calcium: 84.03mg (8.4%), Potassium: 275.45mg (7.87%), Vitamin B3: 1.54mg (7.68%), Vitamin B6: 0.15mg (7.47%), Folate: 28.37µg (7.09%), Vitamin B1: 0.08mg (5.65%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.16µg (2.61%), Selenium: 1.73µg (2.47%), Vitamin C: 1.78mg (2.15%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.27µg (1.21%)