



 **27%**  
HEALTH SCORE

## Honey Nut Raspberry Baked Oatmeal

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**3**

CALORIES



**250 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup rolled oats instant (not )
- 2 Tbsp honey (or maple syrup, to make vegan)
- 0.5 cup apple sauce
- 0.5 cup non-dairy milk fat free (or dairy free milk, to make vegan)
- 0.5 cup raspberries fresh
- 0.5 Tsp vanilla extract
- 0.3 cup pistachios

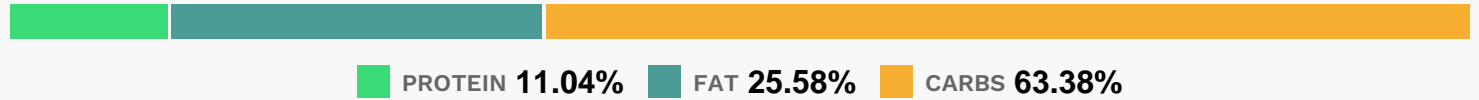
### Equipment

- bowl
- oven
- muffin tray

## Directions

- Preheat oven to 375
- Combine all ingredients in a medium bowl.
- Spray a muffin tin with cooking oil. Fill the tin to the top with oats. It should make about six oatmeal cakes.
- Bake uncovered for 20 minutes. For a light crust, broil for an additional 3–5 minutes until lightly browned.
- Serve on its own or with fresh fruit, yogurt, or milk.
- Serves 3

## Nutrition Facts



## Properties

Glycemic Index:56.56, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:12.54347826087%

## Flavonoids

Cyanidin: 9.91mg, Cyanidin: 9.91mg, Cyanidin: 9.91mg, Cyanidin: 9.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 249.79kcal (12.49%), Fat: 7.37g (11.34%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 35.36g (12.86%), Sugar: 18.33g (20.37%), Cholesterol: 0mg (0%), Sodium: 23.03mg (1%),

Alcohol: 0.24g (1.34%), Protein: 7.15g (14.31%), Manganese: 1.26mg (63.05%), Fiber: 5.72g (22.87%), Vitamin B1: 0.25mg (17%), Phosphorus: 169.47mg (16.95%), Copper: 0.32mg (16.09%), Vitamin B6: 0.32mg (15.92%), Magnesium: 55.68mg (13.92%), Selenium: 9.71µg (13.87%), Iron: 2.03mg (11.3%), Vitamin C: 9.12mg (11.06%), Vitamin E: 1.58mg (10.53%), Vitamin B2: 0.16mg (9.55%), Zinc: 1.43mg (9.54%), Vitamin B3: 1.9mg (9.52%), Potassium: 326.97mg (9.34%), Calcium: 87.43mg (8.74%), Folate: 32.16µg (8.04%), Vitamin B12: 0.42µg (7.08%), Vitamin B5: 0.45mg (4.48%), Vitamin A: 215.51IU (4.31%), Vitamin D: 0.47µg (3.15%), Vitamin K: 2.3µg (2.19%)