



Mom's Easy Dairy-Free Baked Oatmeal



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs (see egg-free tips in post above)
- ☐ 1 scant cup sugar (see Sweetener Options below)
- ☐ 0.5 cup oil or
- ☐ 3 cups old fashioned rolled oats gluten-free (use certified oats, if needed)
- ☐ 1 cup dairy-free milk beverage plain
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 1 can peaches packed in juice, drained (see fruit options below)

☐ 8 servings ground cinnamon to taste

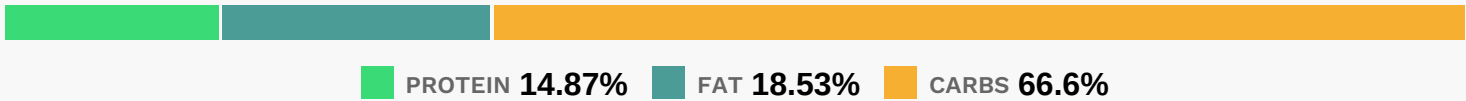
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F.
- ☐ In a large bowl, mix together the eggs, sugar, and oil.
- ☐ Add the oats, milk beverage, baking powder, and salt, and mix to combine.
- ☐ Scrape the batter into a 9x9-inch or 8x11-inch baking pan.
- ☐ Top with the peach slices and sprinkle with cinnamon.
- ☐ Bake for 30 minutes.
- ☐ The oatmeal can be served warm or at room temperature. You can also serve extra dairy-free milk beverage on the side, if desired.

Nutrition Facts



Properties

Glycemic Index:35.09, Glycemic Load:9.42, Inflammation Score:-5, Nutrition Score:12.335652195889%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg, Catechin: 2.76mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg, Epicatechin: 2.09mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 179.01kcal (8.95%), Fat: 3.8g (5.85%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 25.5g (9.27%), Sugar: 7.22g (8.02%), Cholesterol: 40.92mg (13.64%), Sodium: 383.41mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Manganese: 1.49mg (74.68%), Fiber: 5.23g (20.92%), Selenium: 14.09µg (20.12%), Phosphorus: 171.32mg (17.13%), Magnesium: 49.4mg (12.35%), Vitamin B1: 0.18mg (11.99%), Calcium: 115.64mg (11.56%), Iron: 2.07mg (11.51%), Copper: 0.22mg (10.82%), Vitamin B2: 0.18mg (10.49%), Zinc: 1.49mg (9.9%), Vitamin E: 1.45mg (9.68%), Vitamin B3: 1.79mg (8.97%), Vitamin A: 361.7IU (7.23%), Potassium: 252.79mg (7.22%), Folate: 28.16µg (7.04%), Vitamin B12: 0.42µg (6.94%), Vitamin B6: 0.14mg (6.93%), Vitamin B5: 0.61mg (6.05%), Vitamin C: 4.57mg (5.54%), Vitamin D: 0.57µg (3.83%), Vitamin K: 2.96µg (2.82%)