



## Oatmeal with Apple, Brown Sugar and Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



6

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 tablespoons brown sugar
- 1 cup golden raisins
- 1 apples i use 2 granny smith apples grated peeled
- 3 cups old fashioned oats
- 0.8 teaspoon salt
- 6 cups water

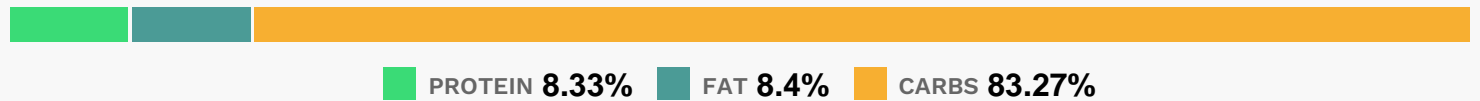
### Equipment

- sauce pan

## Directions

- Bring water to a boil in a saucepan over medium-high heat and stir in salt and oats. Reduce heat to medium and cook for 3 minutes.
- Add apple, raisins, and brown sugar and stir for 2 more minutes.
- Remove from heat, cover and let rest 2 minutes.
- Serve with cream.

## Nutrition Facts



## Properties

Glycemic Index:21.44, Glycemic Load:20.79, Inflammation Score:-3, Nutrition Score:11.136521851239%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg 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: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 288.01kcal (14.4%), Fat: 2.81g (4.32%), Saturated Fat: 0.5g (3.09%), Carbohydrates: 62.62g (20.87%), Net Carbohydrates: 56.83g (20.67%), Sugar: 29.5g (32.78%), Cholesterol: 0mg (0%), Sodium: 311.51mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Manganese: 1.57mg (78.26%), Fiber: 5.79g (23.16%), Phosphorus: 197.82mg (19.78%), Magnesium: 69.37mg (17.34%), Selenium: 12.03µg (17.19%), Copper: 0.3mg (14.91%), Vitamin B1: 0.19mg (12.91%), Iron: 2.28mg (12.66%), Potassium: 375.52mg (10.73%), Zinc: 1.59mg (10.62%), Vitamin B2: 0.12mg (6.88%), Vitamin B6: 0.14mg (6.8%), Calcium: 52.95mg (5.29%), Vitamin B5: 0.52mg (5.22%), Vitamin B3: 0.77mg (3.85%), Folate: 14.73µg (3.68%), Vitamin C: 2.17mg (2.63%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.25mg (1.69%)