



## Oatmeal with Apples, Hazelnuts, and Flaxseed

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 tablespoons brown sugar
- 3 cups skim milk fat-free
- 1.5 cups apples i use 2 granny smith apples diced ( 1 medium)
- 0.5 teaspoon ground cinnamon
- 0.3 cup ground flaxseed
- 0.3 cup hazelnuts
- 1.5 cups rolled oats
- 0.3 teaspoon salt

- 3 tablespoons slivered almonds
- 0.5 teaspoon vanilla extract

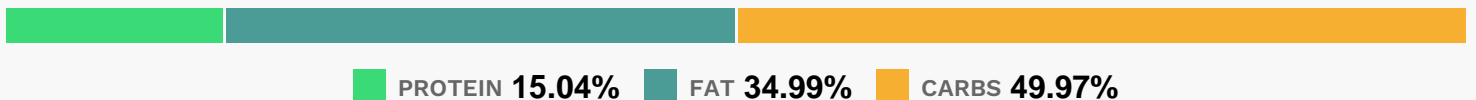
## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Preheat oven to 350
- Place hazelnuts on a baking sheet.
- Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- Roll up towel; rub off skins. Finely chop nuts, and set aside.
- Combine milk and next 5 ingredients (through salt) in a medium saucepan. Bring to a boil over medium heat. Stir in vanilla. Cover, reduce heat, and simmer 5 minutes or until thick.
- Sprinkle with hazelnuts, brown sugar, and almonds.

## Nutrition Facts



## Properties

Glycemic Index:27.88, Glycemic Load:7.95, Inflammation Score:-6, Nutrition Score:15.63739141174%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Quercetin: 1.27mg, Quercetin: 1.27mg

## **Nutrients (% of daily need)**

Calories: 266.71kcal (13.34%), Fat: 10.76g (16.56%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 28.15g (10.24%), Sugar: 16.08g (17.86%), Cholesterol: 3.67mg (1.23%), Sodium: 153.09mg (6.66%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 10.41g (20.82%), Manganese: 1.43mg (71.4%), Phosphorus: 313.6mg (31.36%), Fiber: 6.42g (25.69%), Magnesium: 101.41mg (25.35%), Vitamin B1: 0.36mg (23.69%), Calcium: 222.68mg (22.27%), Copper: 0.34mg (16.99%), Vitamin B2: 0.28mg (16.32%), Selenium: 10.97µg (15.67%), Vitamin E: 2.2mg (14.69%), Potassium: 463.52mg (13.24%), Zinc: 1.97mg (13.14%), Vitamin B12: 0.71µg (11.84%), Iron: 1.89mg (10.48%), Vitamin B6: 0.18mg (9.2%), Vitamin D: 1.35µg (8.98%), Vitamin B5: 0.85mg (8.49%), Folate: 25.53µg (6.38%), Vitamin A: 268.32IU (5.37%), Vitamin B3: 0.95mg (4.78%), Vitamin C: 1.81mg (2.2%), Vitamin K: 2.24µg (2.13%)