



Orange Cranberry Oatmeal

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons brown sugar
- 11 ounces mandarin oranges drained canned
- 0.3 cup cranberries dried
- 3 tablespoons orange juice concentrate
- 1 cup oats
- 0.3 cup walnut pieces chopped
- 2 cups water
- 0.3 cup wheat germ toasted

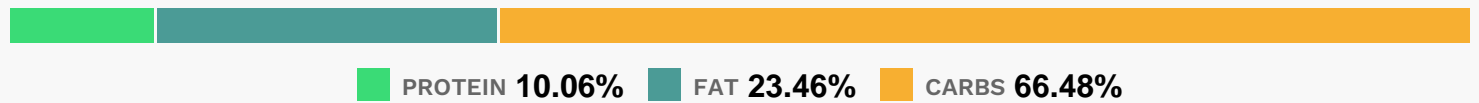
Equipment

sauce pan

Directions

- In a large saucepan, bring the water and orange juice concentrate to a boil. Stir in the oats, wheat germ and cranberries. Return to a boil; cook and stir for 2 minutes.
- Remove from the heat. Stir in oranges, brown sugar and walnuts if desired.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:7.85, Inflammation Score:-8, Nutrition Score:17.457391350166%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 261.1kcal (13.05%), Fat: 7.23g (11.13%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 41.02g (14.92%), Sugar: 24.43g (27.15%), Cholesterol: 0mg (0%), Sodium: 15.39mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Manganese: 2.43mg (121.36%), Vitamin C: 42.62mg (51.66%), Vitamin B1: 0.41mg (27.66%), Magnesium: 103.94mg (25.99%), Selenium: 15.35µg (21.93%), Phosphorus: 215.14mg (21.51%), Vitamin A: 1066.34IU (21.33%), Fiber: 5.11g (20.43%), Zinc: 2.51mg (16.7%), Copper: 0.33mg (16.7%), Folate: 53.11µg (13.28%), Vitamin B6: 0.25mg (12.65%), Iron: 2.09mg (11.63%), Potassium: 381.77mg (10.91%), Vitamin B2: 0.13mg (7.58%), Vitamin B3: 1.42mg (7.1%), Vitamin B5: 0.49mg (4.92%), Calcium: 45.7mg (4.57%), Vitamin E: 0.54mg (3.57%), Vitamin K: 1.47µg (1.4%)