



 **3%**
HEALTH SCORE

Overnight Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup cranberries dried
- 1 cup figs dried
- 0.5 cup half and half
- 1 cup irish oats
- 4 cups water

Equipment

- bowl
- pot

Directions

In a crock-pot, combine all ingredients and set to low heat. Cover and let cook for 8 to 9 hours. Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning. This recipe yields 4 servings.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:18.79, Inflammation Score:-2, Nutrition Score:6.5347826086957%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Taste

Sweetness: 100%, Saltiness: 45.02%, Sourness: 27.74%, Bitterness: 72.14%, Savoriness: 17.92%, Fattiness: 34.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 380.11kcal (19.01%), Fat: 6.95g (10.7%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 76.59g (25.53%), Net Carbohydrates: 66.94g (24.34%), Sugar: 41.09g (45.66%), Cholesterol: 10.59mg (3.53%), Sodium: 35.52mg (1.54%), Protein: 8.63g (17.26%), Fiber: 9.66g (38.63%), Iron: 2.55mg (14.14%), Manganese: 0.27mg (13.53%), Calcium: 122.54mg (12.25%), Potassium: 308.08mg (8.8%), Copper: 0.17mg (8.33%), Vitamin K: 8.51µg (8.1%), Magnesium: 31.93mg (7.98%), Vitamin B2: 0.1mg (5.75%), Vitamin E: 0.85mg (5.64%), Phosphorus: 56.12mg (5.61%), Vitamin B6: 0.07mg (3.31%), Vitamin B5: 0.31mg (3.15%), Vitamin B1: 0.04mg (2.98%), Zinc: 0.42mg (2.79%), Vitamin A: 110.81IU (2.22%), Vitamin B3: 0.43mg (2.15%), Selenium: 1.37µg (1.96%), Folate: 4.26µg (1.07%)