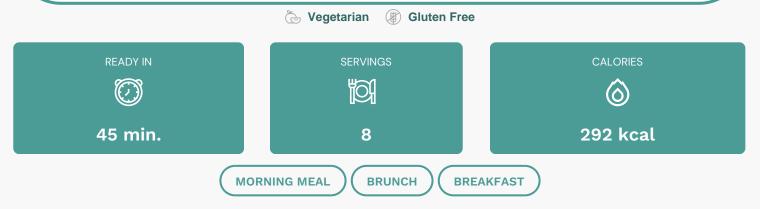


Pan-Seared Oatmeal with Warm Fruit Compote and Cider Syrup



Ingredients

2 cups apple cider
0.3 cup brown sugar packed
0.3 cup butter divided
1 cup milk fat-free
7 ounce fruit bits mixed dried
0.5 teaspoon ground cinnamon
0.3 teaspoon salt

reduced to 1/3 cup (about 20 minutes); set aside. To prepare compote, combine 2 cups water, 1/4 cup sugar, 1/2 teaspoon cinnamon, and dried fruit in a medium saucepan; bring to a boil. Reduce heat, and simmer 20 minutes or until thic To prepare oatmeal, combine 3 cups water, 1 cup milk, 1/4 cup brown sugar, 1/2 teaspoon cinnamon, and salt in a large saucepan. Bring to a boil over medium-high heat; stir in oats. Reduce heat, and simmer 20 minutes or until thick, stirring occasionally. Spoon oatmeal into an 11 x 7-inch baking dish coated with cooking spray; cool to room temperature. Cover and chill at least 1 hour or until set.		I.5 cups steel-cut oats (Irish)
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Nutrition Facts

Properties

Glycemic Index:27.13, Glycemic Load:16.74, Inflammation Score:-3, Nutrition Score:5.0895652615506%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 8.18g (12.59%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 44.75g (16.27%), Sugar: 25.78g (28.64%), Cholesterol: 16.17mg (5.39%), Sodium: 145.01mg (6.3%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.8g (13.6%), Fiber: 5.92g (23.66%), Calcium: 113.47mg (11.35%), Iron: 1.88mg (10.43%), Manganese: O.2mg (9.88%), Potassium: 290.81mg (8.31%), Magnesium: 25.81mg (6.45%), Phosphorus: 55.58mg (5.56%), Copper: O.11mg (5.31%), Vitamin A: 243.19IU (4.86%), Vitamin B2: O.07mg (4.29%), Vitamin K: 4.41µg (4.2%), Vitamin B1: O.05mg (3.4%), Vitamin B12: O.19µg (3.16%), Vitamin B6: O.06mg (2.9%), Vitamin B5: O.26mg (2.63%), Zinc: O.34mg (2.26%), Vitamin D: O.34µg (2.25%), Vitamin E: O.26mg (1.75%), Selenium: O.98µg (1.4%), Vitamin B3: O.25mg (1.22%), Vitamin C: O.83mg (1.01%)