



Rolled Oats with Carrot and Apple

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



185 kcal

Ingredients

- ☐ 2 tablespoons apples grated
- ☐ 1.5 teaspoons brown sugar
- ☐ 2 tablespoons carrots grated
- ☐ 1 Dash cinnamon
- ☐ 1 tablespoon golden raisins
- ☐ 1 Dash ground ginger
- ☐ 0.7 cup low-fat milk 1%
- ☐ 1 packet everyday value multigrain with flax hot cereal organic
- ☐ 1 Dash nutmeg

☐ 1 teaspoon powdered sugar

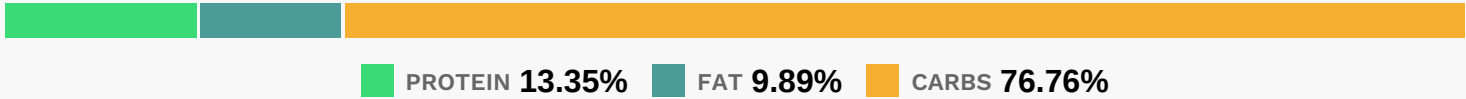
Equipment

☐ microwave

Directions

- ☐ Combine milk, carrot, apple, raisins, brown sugar, and a dash each of nutmeg, ground ginger, and cinnamon.
- ☐ Add packet of cereal. Microwave at HIGH 45 to 60 seconds or until thick. Top with cream cheese mixed with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:280.2, Glycemic Load:8.92, Inflammation Score:-10, Nutrition Score:14.0773913653%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 184.82kcal (9.24%), Fat: 2.14g (3.29%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 34.29g (12.47%), Sugar: 29.34g (32.6%), Cholesterol: 7.87mg (2.62%), Sodium: 90.91mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin A: 5340.44IU (106.81%), Manganese: 0.67mg (33.31%), Calcium: 237.49mg (23.75%), Phosphorus: 199.87mg (19.99%), Vitamin B2: 0.28mg (16.4%), Vitamin B12: 0.96µg (16%), Potassium: 521.23mg (14.89%), Fiber: 3.09g (12.36%), Vitamin D: 1.73µg (11.54%), Vitamin B6: 0.21mg (10.52%), Magnesium: 35.09mg (8.77%), Vitamin B1: 0.12mg (8.25%), Vitamin B5: 0.71mg (7.12%), Selenium: 4.39µg (6.27%), Zinc: 0.9mg (6.03%), Vitamin K: 5.69µg (5.42%), Copper: 0.1mg (5.06%), Vitamin C: 3.69mg (4.47%), Iron: 0.77mg (4.31%), Vitamin B3: 0.84mg (4.22%), Folate: 11.61µg (2.9%), Vitamin E: 0.33mg (2.2%)