



## Single-Serving Baked Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



517 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tsp double-acting baking powder
- 1 tsp cinnamon
- 0.5 cup plant-based milk
- 0.3 cup oats instant
- 1 cup rolled oats
- 0.5 cup apple sauce unsweetened

### Equipment

- oven

mixing bowl

toothpicks

## Directions

Preheat oven to 350F.

Combine all ingredients together in a mixing bowl.

Transfer to an oven safe-dish and bake about 30 minutes, until thoroughly warm, a toothpick inserted into the center comes out clean and its a little crusty on top. (The oatmeal will also puff up a bit). Nutritional Information

Amount Per Serving

Calories

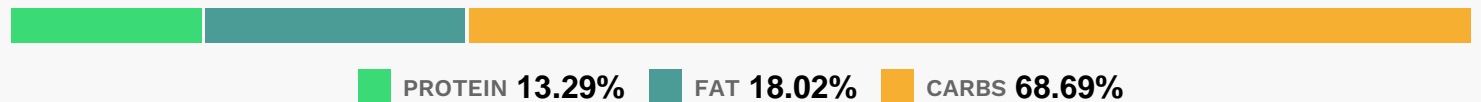
Fat

80g

Carbohydrate

20gDietary Fiber13.10gSugars4.60gProtein17.30g

## Nutrition Facts



## Properties

Glycemic Index:215, Glycemic Load:26.72, Inflammation Score:-7, Nutrition Score:25.606522067733%

## Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

## Nutrients (% of daily need)

Calories: 517.42kcal (25.87%), Fat: 10.67g (16.41%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 91.47g (30.49%), Net Carbohydrates: 78.5g (28.55%), Sugar: 18.38g (20.43%), Cholesterol: 14.64mg (4.88%), Sodium: 542.74mg (23.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Manganese: 4.17mg (208.45%), Phosphorus: 647.31mg (64.73%), Fiber: 12.97g (51.87%), Calcium: 503.99mg (50.4%), Selenium: 32.06µg (45.81%), Magnesium: 160.97mg (40.24%), Vitamin B1: 0.57mg (37.79%), Iron: 5.31mg (29.51%), Zinc: 4.27mg (28.49%), Copper: 0.44mg (21.99%), Vitamin B2: 0.36mg (21.36%), Potassium: 652.3mg (18.64%), Vitamin B5: 1.65mg (16.5%),

Vitamin B12: 0.66µg (10.98%), Vitamin B6: 0.21mg (10.64%), Folate: 36.25µg (9.06%), Vitamin D: 1.34µg (8.95%),  
Vitamin B3: 1.4mg (7%), Vitamin E: 0.74mg (4.95%), Vitamin A: 240.69IU (4.81%), Vitamin K: 3.81µg (3.63%), Vitamin  
C: 1.32mg (1.6%)