



Slow-Cooker Apple Cranberry Oatmeal



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups water
- ☐ 3 cups oats
- ☐ 2 apples peeled chopped
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 tablespoons butter melted
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

Equipment

☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, mix all ingredients.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ Serve porridge with brown sugar and milk or cream, as desired.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:11.56, Inflammation Score:-4, Nutrition Score:10.491738986062%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 250.27kcal (12.51%), Fat: 6.62g (10.18%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 38.18g (13.88%), Sugar: 14.05g (15.61%), Cholesterol: 0mg (0%), Sodium: 156.29mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Manganese: 1.55mg (77.45%), Fiber: 6.17g (24.7%), Phosphorus: 174.88mg (17.49%), Selenium: 11.78µg (16.83%), Magnesium: 61.99mg (15.5%), Vitamin B1: 0.2mg (13.24%), Copper: 0.22mg (10.99%), Iron: 1.85mg (10.28%), Zinc: 1.54mg (10.25%), Potassium: 219.32mg (6.27%), Vitamin B5: 0.52mg (5.17%), Vitamin B2: 0.08mg (4.9%), Vitamin E: 0.64mg (4.27%), Vitamin A: 200.18IU (4%), Folate: 14.85µg (3.71%), Calcium: 35.86mg (3.59%), Vitamin B6: 0.07mg (3.5%), Vitamin C: 2.83mg (3.43%), Vitamin B3: 0.57mg (2.84%), Vitamin K: 2.97µg (2.82%)