



Slow Cooker Apple Pie Steel Cut Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



250 min.

SERVINGS



4

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 apples cored peeled cut into bite sized pieces
- ☐ 0.3 cup brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 cups milk (or 2 more cups water)
- ☐ 1 dash nutmeg grated
- ☐ 0.3 cup raisins
- ☐ 1 cup irish oats

☐ 0.3 cup walnuts chopped

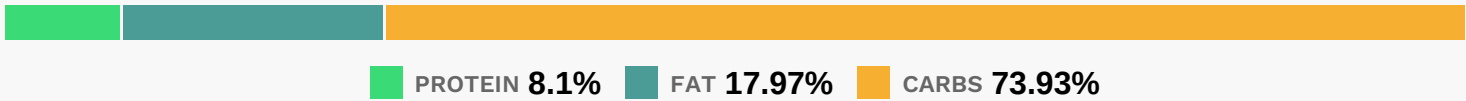
Equipment

☐ slow cooker

Directions

- ☐ Place the steel cut oats, water, milk, apple, brown sugar, cinnamon, nutmeg and raisins in a slow cooker and set it to cook on low for 4 hours.
- ☐ Mix the oatmeal up, optionally adding milk to bring it to the desired consistency and sweetener to bring it to the desired sweetness and serve topped with any desired toppings.

Nutrition Facts



Properties

Glycemic Index:70.89, Glycemic Load:25.17, Inflammation Score:-3, Nutrition Score:6.2730433785397%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 384.83kcal (19.24%), Fat: 8.02g (12.34%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 74.22g (24.74%), Net Carbohydrates: 66.11g (24.04%), Sugar: 34.42g (38.25%), Cholesterol: 0mg (0%), Sodium: 18.14mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Fiber: 8.11g (32.44%), Manganese: 0.45mg (22.64%), Iron: 2.48mg (13.78%), Copper: 0.21mg (10.56%), Potassium: 343.8mg (9.82%), Vitamin C: 5.85mg (7.09%), Magnesium: 27.75mg (6.94%), Calcium: 62.53mg (6.25%), Vitamin B6: 0.12mg (6.06%), Phosphorus: 51.61mg (5.16%), Vitamin B1: 0.08mg (5.08%), Vitamin B2: 0.07mg (4.2%), Folate: 10.51µg (2.63%), Zinc: 0.33mg

(2.19%), Vitamin K: 2.28µg (2.17%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.18mg (1.78%), Vitamin E: 0.23mg (1.55%), Vitamin A: 52.78IU (1.06%), Selenium: 0.71µg (1.01%)