



Slow Cooker Carrot Cake Steel Cut Oats



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



16

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 10 ounce carrots shredded
- ☐ 2 tablespoons ground cinnamon
- ☐ 0.3 cup granular no-calorie sucralose sweetener splenda® (such as)
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 2 cups irish oats

- ☐ 23 ounces apple sauce unsweetened
- ☐ 10 cups water

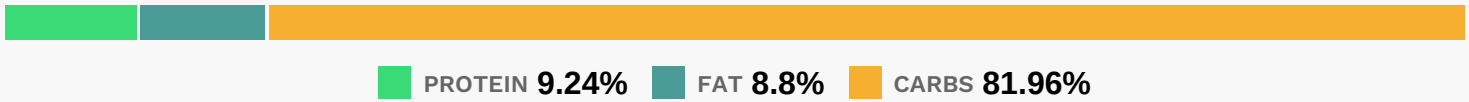
Equipment

- ☐ slow cooker

Directions

- ☐ Combine water, applesauce, oats, carrots, pineapple, raisins, sweetener, cinnamon, pumpkin pie spice, and salt in the crock of a 7-quart or larger slow cooker.
- ☐ Cook on Low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:12.57, Inflammation Score:-9, Nutrition Score:6.1434782406558%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 154.66kcal (7.73%), Fat: 1.61g (2.47%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 29.15g (10.6%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 168.75mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin A: 2982.88IU (59.66%), Fiber: 4.53g (18.13%), Manganese: 0.29mg (14.71%), Iron: 1.41mg (7.82%), Potassium: 186.19mg (5.32%), Copper: 0.09mg (4.52%), Vitamin C: 3.4mg (4.12%), Calcium: 39.39mg (3.94%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.17%), Vitamin K: 3.06µg (2.91%), Magnesium: 10.79mg (2.7%), Vitamin B2: 0.04mg (2.52%), Vitamin B3: 0.37mg (1.86%), Phosphorus: 17.11mg (1.71%), Vitamin E: 0.22mg (1.44%), Folate: 5.72µg (1.43%)