



Slow Cooker Carrot Cake Steel Cut Oats



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



16

CALORIES



141 kcal

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 10 ounce carrots shredded
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 cup raisins
- ☐ 2 cups irish oats
- ☐ 23 ounces apple sauce unsweetened
- ☐ 10 cups water

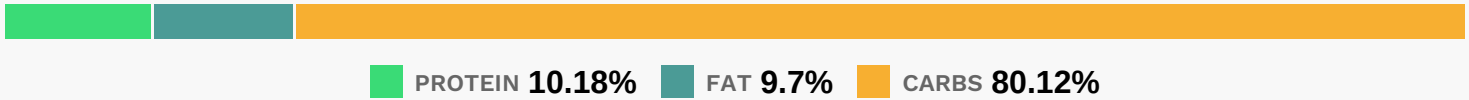
Equipment

☐ 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:10.48, Glycemic Load:10.67, Inflammation Score:-9, Nutrition Score:6.1413042882214%

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: 140.66kcal (7.03%), Fat: 1.61g (2.47%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 25.35g (9.22%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 23.41mg (1.02%), 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 (14.69%), Iron: 1.41mg (7.81%), Potassium: 185.99mg (5.31%), Copper: 0.09mg (4.52%), Vitamin C: 3.4mg (4.12%), Calcium: 39.3mg (3.93%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.05mg (3.17%), Vitamin K: 3.06µg (2.91%), Magnesium: 10.78mg (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%)