



Slow Cooker Cinnamon Apple Steel Cut Oats



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



375 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 2 granny smith apples diced cored peeled
- ☐ 0.3 cup ground cinnamon to taste
- ☐ 1.5 cups irish oats
- ☐ 23 ounces apple sauce unsweetened
- ☐ 8 cups water

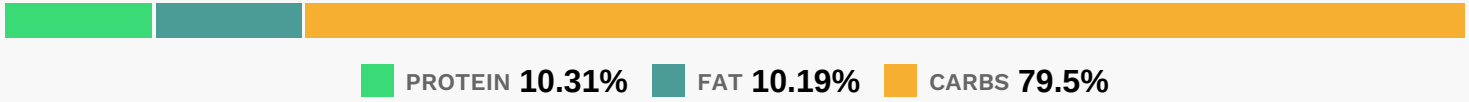
Equipment

- ☐ slow cooker

Directions

- ☐ Lightly spray a 5-quart or larger slow cooker crock with cooking spray.
- ☐ Combine water, applesauce, oats, diced apple, cinnamon, and sweetener in prepared slow cooker.
- ☐ Cook on Low for 6 hours.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:8.93, Inflammation Score:-1, Nutrition Score:5.6204347947369%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 6.27mg, Epicatechin: 6.27mg, Epicatechin: 6.27mg, Epicatechin: 6.27mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 153.56kcal (7.68%), Fat: 1.88g (2.89%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 33g (11%), Net Carbohydrates: 25.63g (9.32%), Sugar: 10.04g (11.15%), Cholesterol: 0mg (0%), Sodium: 11.72mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 1.06mg (53.11%), Fiber: 7.37g (29.49%), Iron: 1.68mg (9.33%), Calcium: 81.74mg (8.17%), Copper: 0.08mg (3.89%), Potassium: 112.69mg (3.22%), Vitamin C: 2.55mg (3.09%), Vitamin K: 2.97µg (2.83%), Magnesium: 9.22mg (2.3%), Vitamin B6: 0.04mg (2.09%), Vitamin E: 0.31mg (2.05%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.02mg (1.63%), Vitamin A: 56.01IU (1.12%), Phosphorus: 11.05mg (1.1%), Zinc: 0.16mg (1.08%)