



Slow-Cooker Oatmeal with Pears & Walnuts

 Vegetarian  Gluten Free

READY IN



225 min.

SERVINGS



45

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups milk fat-free
- 3 Tbsp flax seed
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup pancake syrup
- 2 pears
- 1.5 cups nonfat yogurt plain greek-style
- 0.8 cup raisins
- 1.3 cups steel-cut oats

1 cup planters walnuts toasted chopped

1 cup water

Equipment

whisk

slow cooker

Directions

Whisk first 4 ingredients in slow cooker sprayed with cooking spray until blended.

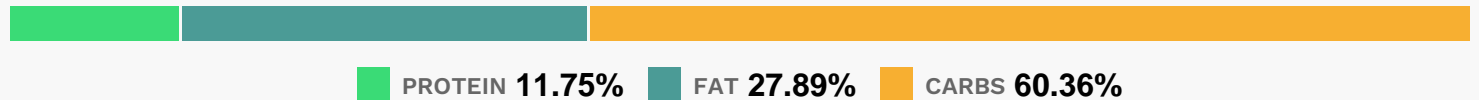
Add all remaining ingredients except pears and nuts; mix well. Cover with lid.

Cook on LOW 3-1/2 to 4 hours, stirring after 2 hours.

Chop pears. Stir into oatmeal.

Serve topped with nuts.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:2.1330434505058%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.61kcal (3.68%), Fat: 2.38g (3.67%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 10.34g (3.76%), Sugar: 3.86g (4.29%), Cholesterol: 0.67mg (0.22%), Sodium: 29.03mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Manganese: 0.12mg (5.93%), Fiber: 1.27g (5.07%), Phosphorus: 43.7mg (4.37%), Calcium: 42.39mg (4.24%), Copper: 0.07mg (3.55%), Vitamin B2: 0.05mg (2.87%), Magnesium: 11.28mg (2.82%), Potassium: 90.05mg (2.57%), Vitamin B1: 0.04mg (2.35%), Vitamin B12: 0.13µg

(2.15%), Iron: 0.39mg (2.14%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.26mg (1.76%), Selenium: 0.92µg (1.32%), Vitamin B5: 0.13mg (1.28%), Folate: 5.01µg (1.25%)