



Special-Morning Oatmeal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 apples cored peeled thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter sliced
- ☐ 2 teaspoons cinnamon
- ☐ 1 cup cranberry juice cocktail
- ☐ 1 teaspoon nutmeg
- ☐ 2 cups old-fashioned oats uncooked

- ☐ 0.8 cup cranberries dried sweetened
- ☐ 2 cups water

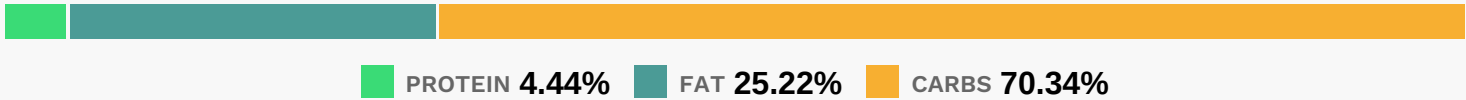
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a bowl, mix brown sugar, cinnamon and nutmeg.
- ☐ Add apples and cranberries; toss to coat.
- ☐ Transfer to a slow cooker; dot with butter.
- ☐ Combine oats, water and juices; pour over fruit mixture in slow cooker. Do not stir. Cover and cook on low setting for 8 hours. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:74.44, Glycemic Load:20.71, Inflammation Score:-6, Nutrition Score:14.578695739093%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 510.13kcal (25.51%), Fat: 14.89g (22.91%), Saturated Fat: 7.94g (49.63%), Carbohydrates: 93.41g (31.14%), Net Carbohydrates: 85.17g (30.97%), Sugar: 57.81g (64.24%), Cholesterol: 30.5mg (10.17%), Sodium: 110.68mg (4.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.8%), Manganese: 1.84mg (92.04%), Vitamin C: 31.6mg (38.3%), Fiber: 8.24g (32.97%), Phosphorus: 188.86mg (18.89%), Selenium: 12.44µg (17.77%), Magnesium: 69.77mg (17.44%), Vitamin B1: 0.22mg (14.71%), Iron: 2.29mg (12.72%), Copper: 0.25mg (12.36%), Zinc: 1.63mg (10.84%), Potassium: 360.59mg (10.3%), Vitamin E: 1.31mg (8.73%), Vitamin A: 412.83IU (8.26%), Calcium: 68.55mg (6.86%), Vitamin B5: 0.67mg (6.66%), Vitamin B2: 0.11mg (6.41%), Vitamin K: 6.48µg (6.17%), Vitamin B6: 0.11mg (5.4%), Folate: 16.75µg (4.19%), Vitamin B3: 0.78mg (3.89%)