



WHATSheATE



Spiced Apple-Pecan Oatmeal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups apple juice
- ☐ 2 tablespoons cinnamon sugar
- ☐ 0.5 cup apples dried coarsely chopped
- ☐ 3 cups milk fat-free
- ☐ 2 cups regular oats uncooked (not quick-cooking)
- ☐ 2 tablespoons pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

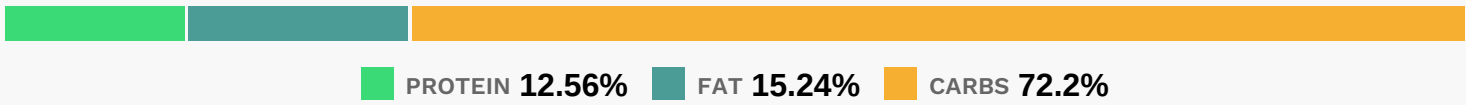
Equipment

☐ dutch oven

Directions

- ☐ Cook pecans in a Dutch oven over medium–high heat, stirring constantly, 5 to 6 minutes or until toasted.
- ☐ Remove pecans, and wipe Dutch oven clean.
- ☐ Bring juice, milk, and next 3 ingredients to a boil in Dutch oven over high heat; reduce heat to medium–low, and simmer, stirring occasionally, 20 minutes or until thickened.
- ☐ Remove from heat. Cover and let stand 10 minutes. Stir in cinnamon sugar, vanilla, and toasted pecans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:17.82, Inflammation Score:–5, Nutrition Score:12.054782678252%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 257.45kcal (12.87%), Fat: 4.46g (6.86%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 43.57g (15.84%), Sugar: 26.63g (29.59%), Cholesterol: 3.67mg (1.23%), Sodium: 256.89mg (11.17%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 8.27g (16.53%), Manganese: 1.23mg (61.7%), Phosphorus: 262.53mg (26.25%), Calcium: 189.19mg (18.92%), Vitamin B1: 0.24mg (16.07%), Magnesium: 63.4mg (15.85%), Fiber: 3.92g (15.68%), Selenium: 10.63µg (15.18%), Vitamin B2: 0.24mg (14.12%), Potassium: 473.94mg (13.54%), Vitamin

B12: 0.71µg (11.84%), Zinc: 1.73mg (11.51%), Vitamin D: 1.35µg (8.98%), Copper: 0.18mg (8.86%), Vitamin B5: 0.85mg (8.47%), Iron: 1.49mg (8.26%), Vitamin B6: 0.14mg (6.82%), Vitamin A: 253.01IU (5.06%), Vitamin B3: 0.64mg (3.22%), Folate: 11.83µg (2.96%), Vitamin C: 1.43mg (1.74%), Vitamin E: 0.21mg (1.4%)