

Spiced Oatmeal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 1 cup dates dried chopped
- ☐ 1 cup apples dried chopped
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 tablespoon ground ginger
- ☐ 1 teaspoon ground turmeric
- ☐ 3 cups regular rolled oats

☐ 1 cup walnuts chopped

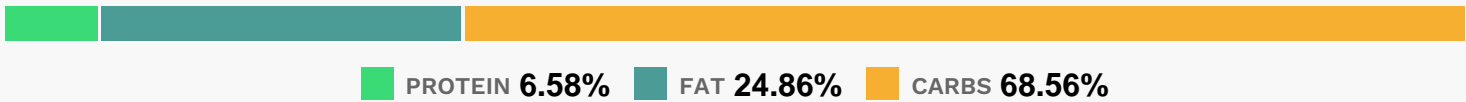
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In a large container (at least 2 1/2 qt.) with a lid, combine oats, 4-grain cereal, dates, apples, walnuts, brown sugar, cinnamon, ginger, turmeric, and cloves.
- ☐ For each serving, in a 1- to 2-quart pan, bring 1 cup water to a boil over high heat. (Or, in a microwave oven in a 2- to 3-cup bowl or glass measuring cup, heat 1 cup water on full power [100%] until boiling, about 2 minutes.) Stir in 3/4 cup spiced oatmeal mix.
- ☐ Remove from heat, cover, and let stand for 5 to 10 minutes, until it's as thick as you like.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:10.29, Inflammation Score:-8, Nutrition Score:9.4860870410567%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 267.95kcal (13.4%), Fat: 7.82g (12.03%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 43.38g (15.78%), Sugar: 30.16g (33.51%), Cholesterol: 0mg (0%), Sodium: 13.8mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Manganese: 1.6mg (80.19%), Fiber: 5.16g (20.65%), Copper: 0.29mg (14.5%), Magnesium: 53.89mg (13.47%), Phosphorus: 130.07mg (13.01%), Selenium: 7.31µg (10.44%), Iron: 1.78mg (9.9%), Vitamin B1: 0.13mg (8.92%), Potassium: 270.52mg (7.73%), Zinc: 1.15mg (7.63%), Vitamin B6: 0.12mg (5.88%), Calcium: 56.29mg (5.63%), Folate: 18.79µg (4.7%), Vitamin B5: 0.4mg (4.04%), Vitamin

B2: 0.07mg (3.97%), Vitamin B3: 0.65mg (3.24%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.25mg (1.66%)