



Sweet Apple-Cinnamon Baked Oatmeal

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 21 ounce lucky leaf® premium apple pie filling canned
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 4 eggs beaten
- ☐ 2 teaspoons ground cinnamon
- ☐ 8 servings milk
- ☐ 3 cups old-fashioned oats
- ☐ 1 teaspoon salt

☐ 1 tablespoon vanilla

Equipment

☐ bowl

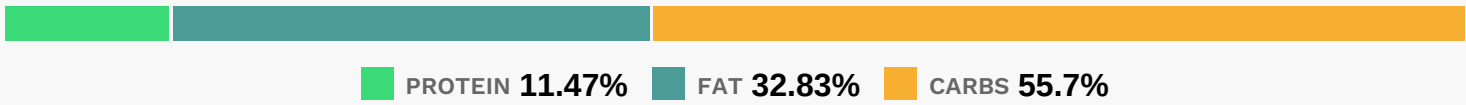
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl combine oats, brown sugar, cinnamon and salt. Stir in LUCKY LEAF Premium Apple Pie Filling.
- ☐ In a second large bowl stir together eggs, 3 cups milk, oil and vanilla. Stir egg mixture into oat mixture until combined.
- ☐ Pour mixture into a greased 3-quart rectangular baking pan.
- ☐ Bake in the preheated oven for 45 to 55 minutes or until oatmeal mixture is set.
- ☐ Serve warm in bowls with milk or half-and-half.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:11.34, Inflammation Score:-5, Nutrition Score:18.296521725862%

Nutrients (% of daily need)

Calories: 513.68kcal (25.68%), Fat: 18.96g (29.18%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 72.4g (24.13%), Net Carbohydrates: 68.32g (24.84%), Sugar: 42.61g (47.35%), Cholesterol: 111.12mg (37.04%), Sodium: 457.42mg (19.89%), Alcohol: 0.56g (100%), Alcohol %: 0.18% (100%), Protein: 14.91g (29.82%), Manganese: 1.24mg (62.24%), Phosphorus: 421.11mg (42.11%), Calcium: 353.71mg (35.37%), Selenium: 20.66µg (29.52%), Vitamin B2: 0.49mg (29.08%), Vitamin B12: 1.51µg (25.22%), Vitamin D: 3.12µg (20.83%), Vitamin B1: 0.29mg (19.63%), Magnesium: 77.73mg (19.43%), Vitamin B5: 1.65mg (16.49%), Potassium: 571.97mg (16.34%), Fiber: 4.08g (16.32%), Zinc: 2.44mg (16.26%), Vitamin B6: 0.24mg (11.91%), Vitamin E: 1.75mg (11.65%), Iron: 2.09mg (11.59%), Vitamin A: 533.42IU (10.67%), Copper: 0.19mg (9.54%), Vitamin K: 6.93µg (6.6%), Folate: 20.31µg (5.08%), Vitamin B3: 0.68mg (3.38%), Vitamin C: 1.28mg (1.56%)