



Toasty Baked Oatmeal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds chopped
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup apricots dried chopped
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups milk
- ☐ 8 oz firm-ripe pear cored stemmed rinsed chopped

- ☐ 2 cups regular rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons vegetable oil

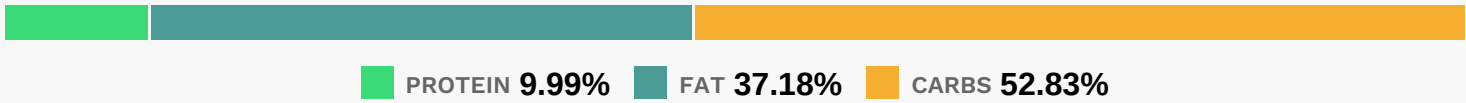
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 32
- ☐ In a large bowl, mix oats, baking powder, and salt. Stir in almonds, apricots, and pear.
- ☐ In another bowl, whisk together the milk, eggs, brown sugar, oil, and cinnamon.
- ☐ Pour over the oat mixture and stir to combine.
- ☐ Pour mixture into a buttered 8-inch square baking pan.
- ☐ Bake until liquid is absorbed and top is light golden, about 45 minutes. Spoon into bowls and serve warm.

Nutrition Facts



Properties

Glycemic Index:63.79, Glycemic Load:15.98, Inflammation Score:-7, Nutrition Score:22.234782550646%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg

0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 567.8kcal (28.39%), Fat: 24.23g (37.28%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 77.47g (25.82%), Net Carbohydrates: 69.2g (25.16%), Sugar: 43.41g (48.23%), Cholesterol: 103.98mg (34.66%), Sodium: 531.88mg (23.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.29%), Manganese: 1.87mg (93.47%), Phosphorus: 414.07mg (41.41%), Fiber: 8.27g (33.07%), Vitamin E: 4.91mg (32.71%), Selenium: 22.25µg (31.79%), Calcium: 304.39mg (30.44%), Magnesium: 112.57mg (28.14%), Vitamin B2: 0.46mg (27.18%), Vitamin K: 22.83µg (21.74%), Copper: 0.4mg (19.9%), Iron: 3.38mg (18.77%), Vitamin B1: 0.28mg (18.71%), Potassium: 635.31mg (18.15%), Zinc: 2.66mg (17.72%), Vitamin A: 688.69IU (13.77%), Vitamin B5: 1.36mg (13.55%), Vitamin B12: 0.72µg (11.94%), Vitamin D: 1.51µg (10.04%), Vitamin B6: 0.2mg (9.94%), Folate: 35.31µg (8.83%), Vitamin B3: 1.41mg (7.03%), Vitamin C: 2.56mg (3.1%)