



Butterscotch Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 1 eggs beaten
- 1.8 cups milk
- 1 cup rolled oats

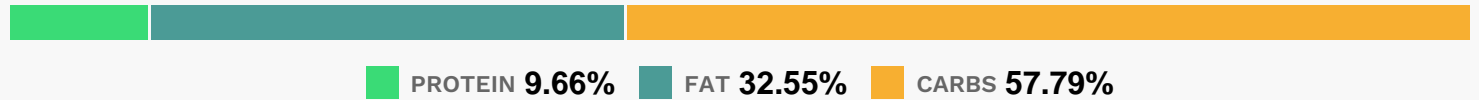
Equipment

- sauce pan
- whisk

Directions

- In a saucepan over medium heat, whisk together the egg, milk and brown sugar.
- Mix in the oats. When the oatmeal begins to boil, cook and stir until thick.
- Remove from the heat, and stir in butter until melted.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:8.76, Inflammation Score:-5, Nutrition Score:12.638695680577%

Nutrients (% of daily need)

Calories: 415.06kcal (20.75%), Fat: 15.28g (23.51%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 61.03g (20.34%), Net Carbohydrates: 58.3g (21.2%), Sugar: 42.74g (47.49%), Cholesterol: 91.71mg (30.57%), Sodium: 146.82mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.41%), Manganese: 1.01mg (50.72%), Phosphorus: 287.31mg (28.73%), Calcium: 230.01mg (23%), Selenium: 15.55µg (22.22%), Vitamin B2: 0.31mg (18.15%), Vitamin B12: 0.92µg (15.25%), Magnesium: 59.62mg (14.91%), Vitamin B1: 0.21mg (14.02%), Vitamin D: 1.86µg (12.39%), Zinc: 1.78mg (11.84%), Vitamin B5: 1.12mg (11.17%), Potassium: 382.58mg (10.93%), Fiber: 2.73g (10.92%), Vitamin A: 543.02IU (10.86%), Iron: 1.67mg (9.26%), Vitamin B6: 0.15mg (7.7%), Copper: 0.13mg (6.74%), Folate: 16.19µg (4.05%), Vitamin E: 0.56mg (3.7%), Vitamin B3: 0.51mg (2.54%), Vitamin K: 1.66µg (1.59%)