



Creamy Oatmeal

 Vegetarian  Gluten Free

READY IN



46 min.

SERVINGS



4

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 0.5 cinnamon sticks
- 0.3 cup apricot dried chopped
- 0.3 teaspoon kosher salt
- 2 cups milk 1% low-fat
- 1 cup irish oats

Equipment

- bowl

- sauce pan
- slotted spoon

Directions

- Place apricots in a small bowl with hot water to cover, and let stand 5 minutes or until plump.
- Drain.
- Cook milk, next 4 ingredients, and 2 cups water in a heavy nonaluminum saucepan over medium heat, stirring often, 5 to 6 minutes or just until bubbles appear (do not boil).
- Remove from heat; remove cinnamon stick and cloves with a slotted spoon, and discard.
- Stir in oats. Cook over low heat, stirring often, 30 minutes or until done. Top with apricots, and serve immediately.
- Note: For testing purposes only, we used McCann's Steel-
- Cut Irish Oatmeal.
- Creamy Wheat Cereal: Substitute 3/4 cup uncooked quick-cooking (2 1/2-minute) creamy wheat cereal for 1 cup Irish oats. Proceed with recipe as directed, reducing cook time in Step 3 to 3 to 5 minutes or until done. Note: For testing purposes only, we used Original (2 1/2-minute) Cream of Wheat. Per serving: Calories 253; Fat 5g (sat 8g, mono 4g, poly 1g); Protein 9g; Carb 6g; Fiber 4g; Chol 5mg; Iron 1mg; Sodium 191mg; Calc 179mg

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:14.05, Inflammation Score:-4, Nutrition Score:6.6482608587198%

Nutrients (% of daily need)

Calories: 278.05kcal (13.9%), Fat: 3.97g (6.1%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 51.45g (17.15%), Net Carbohydrates: 46.23g (16.81%), Sugar: 23.54g (26.15%), Cholesterol: 5.9mg (1.97%), Sodium: 196.07mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Fiber: 5.23g (20.9%), Calcium: 189.04mg (18.9%), Phosphorus: 128.14mg (12.81%), Vitamin B12: 0.72µg (12%), Iron: 2.01mg (11.15%), Vitamin A: 525.4IU (10.51%), Vitamin B2: 0.17mg (10.08%), Vitamin D: 1.3µg (8.65%), Potassium: 302.07mg (8.63%), Manganese: 0.11mg (5.41%), Vitamin B5: 0.49mg (4.88%), Magnesium: 18.26mg (4.57%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.44%), Selenium: 2.84µg (4.05%), Zinc: 0.55mg (3.68%), Vitamin E: 0.39mg (2.57%), Copper: 0.04mg (1.86%), Vitamin B3:

0.36mg (1.82%)