



## Creme Brulee Baked Oatmeal

 Vegetarian  Gluten Free  Popular

READY IN



55 min.

SERVINGS



6

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup brown sugar divided for topping
- 2 Tablespoons butter melted
- 0.5 teaspoon cinnamon
- 1.5 cups milk
- 2 cups oats
- 0.3 teaspoon salt

- 1 teaspoon vanilla extract
- 1 cup vanilla yogurt low-fat
- 2 large eggs whole

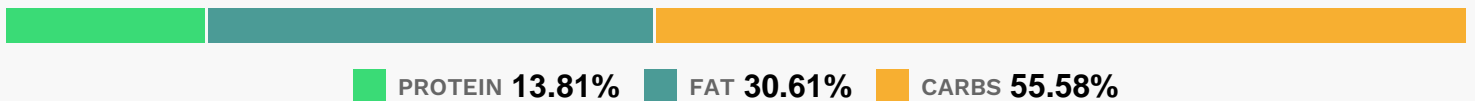
## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- microwave

## Directions

- Preheat oven to 350° and grease a 9-inch pan. Using a large bowl, mix all ingredients, reserving 1/3 cup of brown sugar for topping. Cover pan with foil, and bake for 20 mins, remove foil and continue baking for another 25 minutes.
- Remove pan from oven and turn oven to broil.
- Sprinkle top of oatmeal with remaining 1/3 cup of brown sugar and return to oven to broil 3–5 minutes, watching closely so it doesn't burn. Enjoy served warm with a little milk. Store leftovers covered in refrigerator. Reheat in microwave for 30–40 seconds per serving.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:7.4, Inflammation Score:-4, Nutrition Score:11.538260834373%

## Nutrients (% of daily need)

Calories: 279.99kcal (14%), Fat: 9.6g (14.76%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 36.39g (13.23%), Sugar: 20.84g (23.16%), Cholesterol: 81.39mg (27.13%), Sodium: 286.75mg (12.47%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 9.74g (19.49%), Manganese: 1.03mg (51.43%), Phosphorus: 269.6mg (26.96%), Selenium: 16.29µg (23.27%), Calcium: 200.9mg (20.09%), Vitamin B2: 0.29mg (16.86%), Magnesium: 54.62mg (13.65%), Vitamin B1: 0.18mg (12.18%), Zinc: 1.8mg (12%), Vitamin B12: 0.7µg (11.7%),

Fiber: 2.82g (11.28%), Vitamin B5: 1.03mg (10.33%), Potassium: 320.93mg (9.17%), Iron: 1.61mg (8.94%), Vitamin D: 1µg (6.7%), Copper: 0.13mg (6.52%), Vitamin A: 323.49IU (6.47%), Vitamin B6: 0.12mg (5.83%), Folate: 21.25µg (5.31%), Vitamin E: 0.44mg (2.93%), Vitamin B3: 0.44mg (2.22%), Vitamin K: 1.19µg (1.14%)