

# Grandpa Hubbard's Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup brown sugar
- 4 teaspoons butter
- 4 tablespoons milk
- 1 cup non-dairy creamer like mimiccreme
- 2 cups rolled oats
- 1 pinch salt
- 3.8 cups water

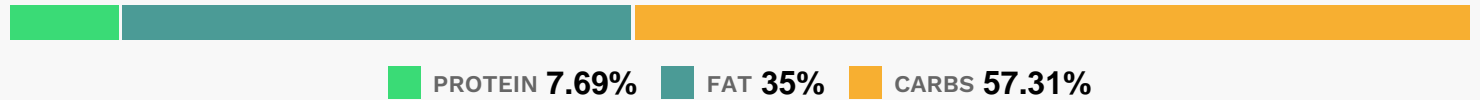
## Equipment

- bowl
- sauce pan

## Directions

- In a medium saucepan, heat water to boiling. Reduce heat to low; stir in oats and salt. Cook until oats have thickened, about 5 minutes.
- Place 1 teaspoon of butter and 1 tablespoon of brown sugar in the bottom of each four serving bowls. Spoon oatmeal into each bowl and stir until butter and sugar are melted.
- Pour 1/4 cup of creamer and 1 tablespoon of milk over each bowl. Top each serving with another tablespoon of brown sugar.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:10.330000063647%

## Nutrients (% of daily need)

Calories: 332.35kcal (16.62%), Fat: 13.16g (20.25%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 44.38g (16.14%), Sugar: 21.3g (23.67%), Cholesterol: 12.55mg (4.18%), Sodium: 105.11mg (4.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Manganese: 1.48mg (74.05%), Phosphorus: 221.52mg (22.15%), Selenium: 12.88µg (18.39%), Fiber: 4.09g (16.38%), Magnesium: 61.3mg (15.33%), Vitamin B1: 0.2mg (13.01%), Zinc: 1.58mg (10.53%), Iron: 1.84mg (10.22%), Copper: 0.2mg (10.03%), Potassium: 303.35mg (8.67%), Calcium: 64.2mg (6.42%), Vitamin B5: 0.53mg (5.34%), Vitamin E: 0.78mg (5.2%), Vitamin B2: 0.09mg (5.01%), Folate: 13.26µg (3.32%), Vitamin A: 158.25IU (3.16%), Vitamin B6: 0.06mg (2.77%), Vitamin K: 2.71µg (2.58%), Vitamin B3: 0.49mg (2.44%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.17µg (1.1%)