




Healthy Southwestern Oatmeal

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



440 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon chili powder
- 2 egg whites
- 0.5 cup rolled oats
- 4 tablespoons cheddar cheese
- 1 serving salt to taste
- 2 spring onion white green chopped (both and parts)

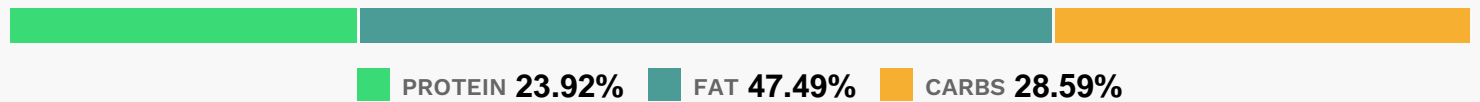
Equipment

- bowl

Directions

- Bring 1 1/2 c. water to a boil; add the oats. reduce to a simmer, and cook for about 10 minutes, until the mixture is starting to be more oats than water.
- Add the scallions and chili powder, and cook until excess liquid is gone.
- Add the egg whites, stirring constantly, and cook until the whites are opaque and mixed in. Turn into a serving bowl, add salt and cheddar, and start your day!

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:10.1, Inflammation Score:-8, Nutrition Score:22.253043478261%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Taste

Sweetness: 63.83%, Saltiness: 100%, Sourness: 21.21%, Bitterness: 12.47%, Savoriness: 62.3%, Fattiness: 85.87%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 440.15kcal (22.01%), Fat: 23.33g (35.9%), Saturated Fat: 12g (75.01%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 26.54g (9.65%), Sugar: 1.66g (1.84%), Cholesterol: 60mg (20%), Sodium: 708.46mg (30.8%), Protein: 26.45g (52.89%), Manganese: 1.54mg (77.01%), Selenium: 41.04µg (58.64%), Vitamin K: 52.99µg (50.46%), Calcium: 470.18mg (47.02%), Phosphorus: 461.9mg (46.19%), Vitamin B2: 0.62mg (36.44%), Zinc: 3.83mg (25.55%), Vitamin A: 1136.98IU (22.74%), Magnesium: 85.04mg (21.26%), Fiber: 5.07g (20.27%), Vitamin B1: 0.22mg (14.8%), Iron: 2.4mg (13.32%), Vitamin B12: 0.69µg (11.5%), Copper: 0.22mg (11.1%), Folate: 43.61µg (10.9%), Potassium: 376.54mg (10.76%), Vitamin B5: 0.84mg (8.43%), Vitamin E: 1.13mg (7.56%), Vitamin B6: 0.12mg (6.03%), Vitamin C: 4.52mg (5.48%), Vitamin B3: 0.79mg (3.95%), Vitamin D: 0.36µg (2.4%)