



Oatmeal Burrito Bowl



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



1

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons avocado sliced
- ☐ 0.3 cup seasoned black beans
- ☐ 2 tablespoon olives black sliced
- ☐ 1 tablespoon greek yogurt sour
- ☐ 1 handful cheddar and jack cheese grated
- ☐ 0.3 cup pico de gallo
- ☐ 0.3 cut steel cut oats
- ☐ 1 cup water

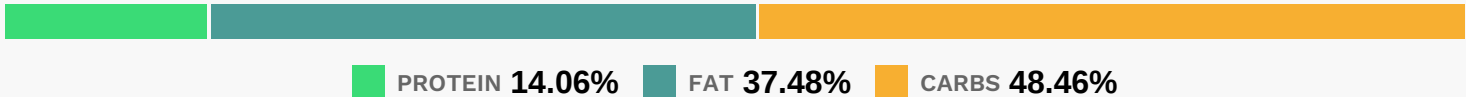
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Bring the steel cuts oats and water to a boil, reduce the heat and simmer, covered until tender, about 30 minutes.
- ☐ Place the oatmeal in a bowl or on a plate and top with the cheese.Broil or microwave to melt the cheese. (Note: If you are going to broil it make sure that your dish is oven safe.)Top with the seasoned black beans, pico de gallo, avocado, and sour cream.

Nutrition Facts



Properties

Glycemic Index:154, Glycemic Load:2.24, Inflammation Score:-5, Nutrition Score:8.0965216642489%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 169.76kcal (8.49%), Fat: 7.61g (11.71%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 15.77g (5.74%), Sugar: 6.1g (6.78%), Cholesterol: 1.64mg (0.55%), Sodium: 674.08mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Fiber: 6.37g (25.49%), Folate: 90.89µg (22.72%), Manganese: 0.24mg (11.82%), Magnesium: 45.14mg (11.28%), Copper: 0.21mg (10.43%), Phosphorus: 101.8mg (10.18%), Potassium: 331.68mg (9.48%), Vitamin B1: 0.13mg (8.83%), Vitamin E: 1.26mg (8.37%), Vitamin A: 385.06IU (7.7%), Vitamin C: 6.33mg (7.67%), Vitamin B2: 0.11mg (6.64%), Iron: 1.18mg (6.56%), Vitamin K: 6.76µg (6.44%), Vitamin B6: 0.12mg (6.23%), Vitamin B5: 0.59mg (5.9%), Calcium: 54.98mg (5.5%), Zinc: 0.82mg (5.46%), Vitamin B3: 0.83mg (4.14%), Selenium: 2.41µg (3.45%), Vitamin B12: 0.11µg (1.89%)