



Oatmeal Cream Cheese Patties

 **Gluten Free**

READY IN



80 min.

SERVINGS



6

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 3 ounce cream cheese softened
- ☐ 3 eggs lightly beaten
- ☐ 0.5 cup onion chopped
- ☐ 1 cup rolled oats uncooked
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup walnuts chopped

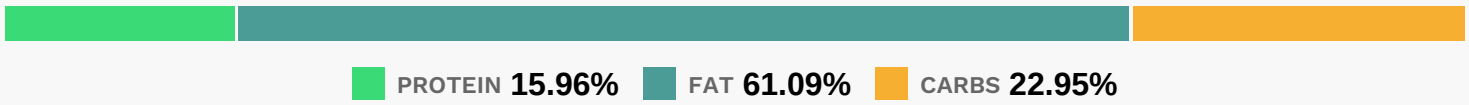
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a bowl, mix the cream cheese, walnuts, onion, eggs, oats, and soy sauce. Form into patties.
- ☐ Heat the oil in a skillet over medium heat, and cook the patties 2 minutes on each side, just until firm.
- ☐ Place the patties in a baking dish.
- ☐ Pour in the cream of mushroom soup.
- ☐ Bake 1 hour in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:3.89, Inflammation Score:-5, Nutrition Score:13.320869679036%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 328.92kcal (16.45%), Fat: 23.02g (35.41%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 16.33g (5.94%), Sugar: 1.87g (2.08%), Cholesterol: 101.24mg (33.75%), Sodium: 965.31mg (41.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.05%), Manganese: 1.5mg (75.05%), Copper: 0.59mg (29.69%), Phosphorus: 218.83mg (21.88%), Selenium: 12.92µg (18.46%), Zinc: 2.6mg (17.35%), Magnesium: 63.02mg (15.75%), Vitamin B2: 0.25mg (14.85%), Iron: 2.35mg (13.07%), Fiber: 3.13g (12.5%), Folate: 45.23µg (11.31%), Vitamin B6: 0.23mg (11.31%), Vitamin B1: 0.17mg (11.26%), Potassium: 337.81mg (9.65%), Vitamin B5: 0.9mg (9.01%), Vitamin B3: 1.45mg (7.24%), Vitamin B12: 0.39µg (6.49%), Vitamin A: 313.33IU (6.27%), Calcium: 59.94mg (5.99%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.44µg (2.93%), Vitamin C: 1.24mg (1.5%), Vitamin K: 1.21µg (1.16%)