



Oatmeal Streusel Topping



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 tablespoon butter melted



2 tablespoons brown sugar light



1 cup regular oats uncooked

Equipment



frying pan

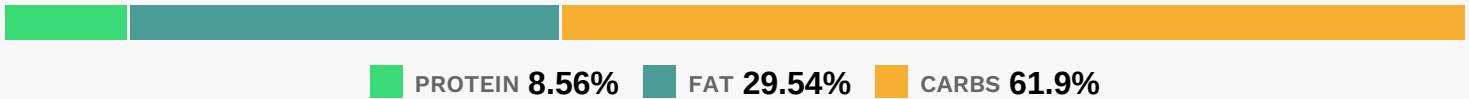


oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine oats and sugar.
- ☐ Add butter, tossing to coat.
- ☐ Place mixture in a shallow pan, and bake 14 to 16 minutes or until lightly toasted, stirring after 7 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:3.6669565212467%

Nutrients (% of daily need)

Calories: 99.78kcal (4.99%), Fat: 3.33g (5.12%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.05g (5.11%), Sugar: 4.82g (5.35%), Cholesterol: 6.02mg (2.01%), Sodium: 20.32mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Manganese: 0.59mg (29.59%), Selenium: 4.77µg (6.82%), Phosphorus: 67.35mg (6.74%), Fiber: 1.64g (6.55%), Magnesium: 22.87mg (5.72%), Vitamin B1: 0.07mg (4.98%), Iron: 0.72mg (4.02%), Zinc: 0.59mg (3.96%), Copper: 0.07mg (3.28%), Vitamin B5: 0.19mg (1.91%), Potassium: 65.76mg (1.88%), Vitamin B2: 0.03mg (1.53%), Vitamin A: 69.97IU (1.4%), Folate: 5.32µg (1.33%), Calcium: 13.09mg (1.31%)