



Pan-Seared Oatmeal with Warm Fruit Compote and Cider Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups apple cider
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter divided
- ☐ 1 cup milk fat-free
- ☐ 7 ounce fruit bits mixed dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 1.5 cups steel-cut oats (Irish)
- ☐ 2 cups water
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ baking pan

Directions

- ☐ To prepare syrup, bring cider to a boil in a small saucepan over medium-high heat. Cook until reduced to 1/3 cup (about 20 minutes); set aside.
- ☐ To prepare compote, combine 2 cups water, 1/4 cup sugar, 1/2 teaspoon cinnamon, and dried fruit in a medium saucepan; bring to a boil. Reduce heat, and simmer 20 minutes or until thick.
- ☐ To prepare oatmeal, combine 3 cups water, 1 cup milk, 1/4 cup brown sugar, 1/2 teaspoon cinnamon, and salt in a large saucepan. Bring to a boil over medium-high heat; stir in oats. Reduce heat, and simmer 20 minutes or until thick, stirring occasionally. Spoon oatmeal into an 11 x 7-inch baking dish coated with cooking spray; cool to room temperature. Cover and chill at least 1 hour or until set.
- ☐ Using a sharp knife, cut oatmeal into 8 equal rectangles; cut each rectangle in half diagonally to form 16 triangles.
- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add 8 oatmeal triangles; cook 3 minutes on each side or until golden brown.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining 2 tablespoons butter and oatmeal triangles.
- ☐ Place 2 oatmeal triangles on each of 8 plates, and top each serving with 3 1/2 tablespoons fruit compote and about 2 teaspoons syrup.

Nutrition Facts



 **PROTEIN 8.96%**  **FAT 24.27%**  **CARBS 66.77%**

Properties

Glycemic Index:27.13, Glycemic Load:16.74, Inflammation Score:-3, Nutrition Score:5.0895652615506%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 8.18g (12.59%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 44.75g (16.27%), Sugar: 25.78g (28.64%), Cholesterol: 16.17mg (5.39%), Sodium: 145.01mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Fiber: 5.92g (23.66%), Calcium: 113.47mg (11.35%), Iron: 1.88mg (10.43%), Manganese: 0.2mg (9.88%), Potassium: 290.81mg (8.31%), Magnesium: 25.81mg (6.45%), Phosphorus: 55.58mg (5.56%), Copper: 0.11mg (5.31%), Vitamin A: 243.19IU (4.86%), Vitamin B2: 0.07mg (4.29%), Vitamin K: 4.41µg (4.2%), Vitamin B1: 0.05mg (3.4%), Vitamin B12: 0.19µg (3.16%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.34mg (2.26%), Vitamin D: 0.34µg (2.25%), Vitamin E: 0.26mg (1.75%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.25mg (1.22%), Vitamin C: 0.83mg (1.01%)