



Pumpkin Spice Oatmeal

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



1

CALORIES



625 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons brown sugar
- 0.3 cup pumpkin canned
- 2 teaspoons ground cinnamon
- 1.5 cups milk
- 1 teaspoon pumpkin pie spice
- 0.8 cup rolled oats
- 0.3 teaspoon salt
- 1 tablespoon sugar white

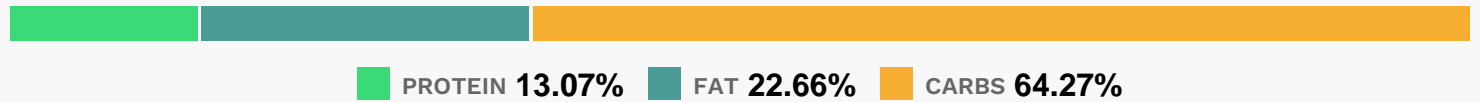
Equipment

pot

Directions

- Bring milk to boil in a small pot over medium-high. Stir oats, brown sugar, white sugar, cinnamon, pumpkin pie spice, and salt into the boiling milk.
- Place a cover on the pot, reduce heat to medium-low, and cook, stirring occasionally, for 3 minutes. Stir pumpkin puree into oat mixture until smooth; cook and stir continually another 2 minutes.
- Remove from heat; let oatmeal set 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:153.09, Glycemic Load:28.94, Inflammation Score:-10, Nutrition Score:32.280869276627%

Nutrients (% of daily need)

Calories: 625.02kcal (31.25%), Fat: 16.19g (24.91%), Saturated Fat: 7.72g (48.23%), Carbohydrates: 103.32g (34.44%), Net Carbohydrates: 92.98g (33.81%), Sugar: 55.73g (61.92%), Cholesterol: 43.92mg (14.64%), Sodium: 735.44mg (31.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.02%), Vitamin A: 10142.28IU (202.85%), Manganese: 3.35mg (167.31%), Phosphorus: 646.3mg (64.63%), Calcium: 571.85mg (57.18%), Fiber: 10.34g (41.35%), Vitamin B2: 0.64mg (37.59%), Magnesium: 149.22mg (37.31%), Selenium: 25.44µg (36.35%), Vitamin B1: 0.5mg (33.53%), Vitamin B12: 1.98µg (32.94%), Potassium: 958.09mg (27.37%), Vitamin D: 4.03µg (26.84%), Zinc: 3.95mg (26.32%), Iron: 4.34mg (24.13%), Vitamin B5: 2.34mg (23.37%), Copper: 0.34mg (17.14%), Vitamin B6: 0.34mg (17.13%), Vitamin K: 13.93µg (13.27%), Vitamin E: 1.22mg (8.13%), Vitamin B3: 1.41mg (7.07%), Folate: 27.77µg (6.94%), Vitamin C: 3.19mg (3.87%)