



Savory Oatmeal and Soft-Cooked Egg

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup oats
- 1 serving coarse mustard
- 1 stick pam original flavor shopping list
- 1 large eggs
- 2 tablespoons sharp cheddar cheese shredded
- 1 tablespoon spring onion thinly sliced

Equipment

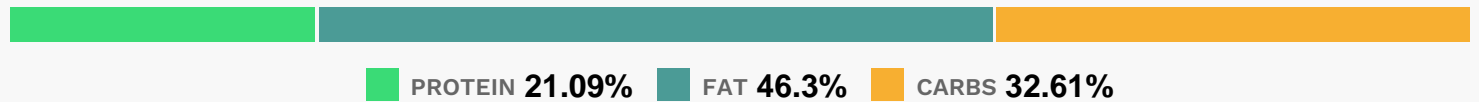
- bowl

- frying pan
- sauce pan

Directions

- In a small saucepan, bring 1 cup water to a boil.
- Add oats and pinch of salt; stir, reduce heat, and simmer until tender, about 5 minutes. Meanwhile, heat a small nonstick pan over medium. Coat lightly with cooking spray.
- Add egg and cook until white is set and yolk is still runny, about 3 minutes. Season egg to taste with salt and pepper.
- Serve oatmeal in a bowl topped with cheese, egg, and scallion greens.

Nutrition Facts



Properties

Glycemic Index:156, Glycemic Load:15.79, Inflammation Score:-7, Nutrition Score:19.572608662688%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 357.2kcal (17.86%), Fat: 18.71g (28.78%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 25.46g (9.26%), Sugar: 1.07g (1.19%), Cholesterol: 216mg (72%), Sodium: 324.97mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Manganese: 1.79mg (89.53%), Selenium: 39.36µg (56.23%), Phosphorus: 429.7mg (42.97%), Magnesium: 127.16mg (31.79%), Calcium: 266.62mg (26.66%), Vitamin B2: 0.42mg (24.56%), Zinc: 3.1mg (20.66%), Vitamin B1: 0.26mg (17.36%), Fiber: 4.18g (16.73%), Iron: 2.97mg (16.51%), Vitamin K: 14.66µg (13.96%), Vitamin B12: 0.76µg (12.72%), Vitamin A: 633.97IU (12.68%), Vitamin B5: 1.2mg (11.98%), Folate: 46.96µg (11.74%), Copper: 0.2mg (10.23%), Vitamin D: 1.18µg (7.87%), Vitamin B6: 0.15mg (7.67%), Potassium: 261.3mg (7.47%), Vitamin E: 1.08mg (7.23%), Vitamin B3: 0.45mg (2.23%), Vitamin C: 1.15mg (1.39%)