



Savory Oatmeal with a Basted Egg

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



618 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 2 tablespoons gruyere cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 serving salt and pepper freshly ground
- ☐ 0.5 cup irish oats (not rolled)

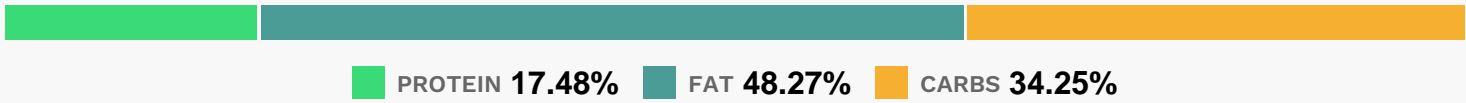
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ » In a small saucepan, bring 1 1/2 cups of water with a pinch of salt to a boil and stream in the oats. Reduce the heat to medium-low and simmer until the oats are soft, 30 to 45 minutes. Baste the egg while the oats are cooking.
- ☐ Remove the pan from the heat and stir in the olive oil and cheese. Top with the egg and season to taste with salt and pepper. Eat immediately.
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Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:25.08, Inflammation Score:-3, Nutrition Score:11.488260878169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 617.62kcal (30.88%), Fat: 33.34g (51.29%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 44.42g (16.15%), Sugar: 0.27g (0.3%), Cholesterol: 196.21mg (65.4%), Sodium: 467.71mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.31%), Calcium: 363.59mg (36.36%), Fiber: 8.8g (35.2%), Phosphorus: 266.04mg (26.6%), Selenium: 17.8µg (25.42%), Iron: 4.21mg (23.4%), Vitamin E: 2.56mg (17.07%), Vitamin B2: 0.28mg (16.68%), Vitamin B12: 0.86µg (14.41%), Zinc: 1.72mg (11.48%), Vitamin A: 517.96IU (10.36%), Vitamin K: 9.36µg (8.91%), Vitamin B5: 0.84mg (8.41%), Vitamin D: 1.06µg (7.05%), Folate: 23.64µg (5.91%), Vitamin B6: 0.1mg (4.94%), Magnesium: 15.93mg (3.98%), Potassium: 84.85mg (2.42%), Vitamin B1: 0.04mg (2.36%), Copper: 0.04mg (2.06%)