

Slow Cooker Oatmeal

 Vegetarian  Gluten Free  Low Fod Map

READY IN



482 min.

SERVINGS



4

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar to taste
- 1 cup half and half
- 1 cup rolled oats
- 1 pinch salt
- 3 cups water

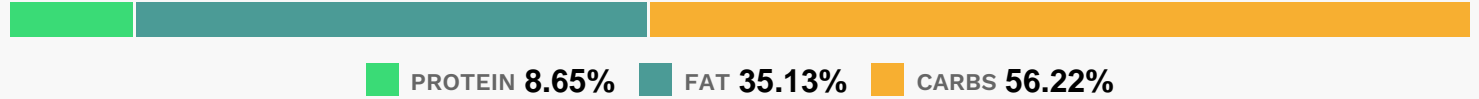
Equipment

- bowl
- slow cooker

Directions

- Just before going to bed, combine the oats and water in a slow cooker. Set on Low, cover, and let cook overnight. In the morning, stir in the salt and half-and-half. Scoop into bowls, and sprinkle brown sugar over the top.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:4.67, Inflammation Score:-3, Nutrition Score:6.4708694400995%

Nutrients (% of daily need)

Calories: 208.33kcal (10.42%), Fat: 8.28g (12.74%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.77g (10.1%), Sugar: 16.04g (17.82%), Cholesterol: 21.17mg (7.06%), Sodium: 60.53mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Manganese: 0.75mg (37.26%), Phosphorus: 141.13mg (14.11%), Selenium: 7.96µg (11.37%), Magnesium: 37.04mg (9.26%), Calcium: 92.02mg (9.2%), Vitamin B2: 0.15mg (8.75%), Fiber: 2.05g (8.19%), Vitamin B1: 0.11mg (7.43%), Zinc: 1mg (6.64%), Copper: 0.12mg (5.98%), Iron: 0.99mg (5.5%), Potassium: 171.53mg (4.9%), Vitamin A: 214.17IU (4.28%), Vitamin B5: 0.42mg (4.2%), Vitamin B6: 0.06mg (2.81%), Folate: 8.44µg (2.11%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.24mg (1.58%), Vitamin B3: 0.31mg (1.54%), Vitamin K: 1.19µg (1.14%)