



Slow Cooker Pumpkin Pie Steel Cut Oatmeal



Vegetarian



Gluten Free



Popular

READY IN



250 min.

SERVINGS



4

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 4 servings vanilla bourbon caramel sauce to taste
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 dash ginger
- ☐ 2 cups milk (or 2 more cups water)
- ☐ 1 dash nutmeg grated
- ☐ 1 cup pumpkin puree
- ☐ 1 cup irish oats

☐ 2 cups water

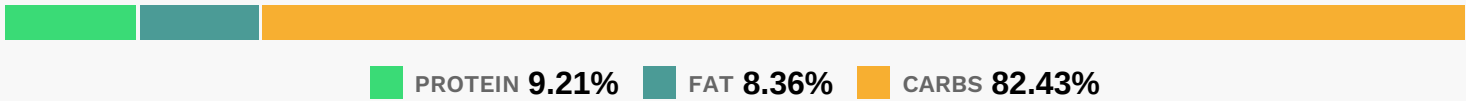
Equipment

☐ slow cooker

Directions

- ☐ Place the steel cut oats, water, milk, pumpkin puree, brown sugar, cinnamon, nutmeg and cloves in a slow cooker and set it to cook on low for 4 hours.
- ☐ Mix the oatmeal up, optionally adding milk to bring it to the desired consistency and sweetener to bring it to the desired sweetness and serve topped with any desired toppings.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:12.6, Inflammation Score:-10, Nutrition Score:9.0660869064538%

Nutrients (% of daily need)

Calories: 316.01kcal (15.8%), Fat: 3.07g (4.72%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 68.01g (22.67%), Net Carbohydrates: 61.65g (22.42%), Sugar: 38.24g (42.49%), Cholesterol: 0mg (0%), Sodium: 155.24mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin A: 9569.33IU (191.39%), Fiber: 6.37g (25.46%), Iron: 2.63mg (14.64%), Vitamin K: 9.88µg (9.41%), Manganese: 0.17mg (8.58%), Calcium: 77.04mg (7.7%), Copper: 0.11mg (5.69%), Magnesium: 20.41mg (5.1%), Potassium: 173.85mg (4.97%), Vitamin E: 0.68mg (4.5%), Phosphorus: 38.37mg (3.84%), Vitamin C: 2.8mg (3.4%), Vitamin B5: 0.33mg (3.28%), Folate: 8.52µg (2.13%), Vitamin B6: 0.04mg (2.06%), Vitamin B2: 0.03mg (1.97%), Selenium: 0.94µg (1.35%), Vitamin B3: 0.25mg (1.24%), Vitamin B12: 0.07µg (1.2%), Vitamin B1: 0.02mg (1.05%)