



## Slow Cooker Steel-Cut Oatmeal

 Vegetarian  Gluten Free  Low Fod Map

READY IN



490 min.

SERVINGS



8

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup brown sugar light packed
- 0.5 teaspoon salt fine
- 2 cups irish oats
- 8 servings butter unsalted
- 14 ounce coconut milk unsweetened canned
- 1 teaspoon vanilla extract
- 8.5 cups water

## Equipment

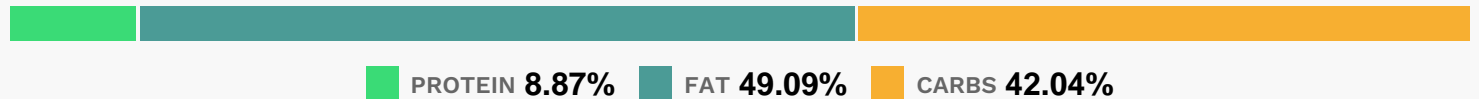
slow cooker

## Directions

Coat the insert of the slow cooker with a thin layer of butter.

Add the water, oats, coconut or whole milk, brown sugar, and salt and stir to combine. Cover and cook on low until the oats are cooked through and creamy, about 7 to 8 hours. Stir in the vanilla and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:12.54, Inflammation Score:-1, Nutrition Score:4.6591304443453%

## Nutrients (% of daily need)

Calories: 331.92kcal (16.6%), Fat: 18.66g (28.71%), Saturated Fat: 13.44g (83.98%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 30.47g (11.08%), Sugar: 8.39g (9.32%), Cholesterol: 10.75mg (3.58%), Sodium: 167.87mg (7.3%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 7.59g (15.17%), Manganese: 0.46mg (23.03%), Fiber: 5.49g (21.97%), Iron: 2.52mg (14.01%), Copper: 0.18mg (8.83%), Magnesium: 21.65mg (5.41%), Phosphorus: 51.12mg (5.11%), Selenium: 3.21µg (4.58%), Calcium: 42.53mg (4.25%), Potassium: 141.59mg (4.05%), Vitamin A: 124.95IU (2.5%), Zinc: 0.37mg (2.43%), Folate: 8.16µg (2.04%), Vitamin B3: 0.39mg (1.94%), Vitamin C: 1.39mg (1.68%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.06%)