



Steel Cut Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter
- 0.3 teaspoon cinnamon
- 0.5 cup buttermilk low-fat
- 1 cup irish oats
- 3 cups water boiling
- 0.5 cup milk whole

Equipment

bowl

pot

Directions

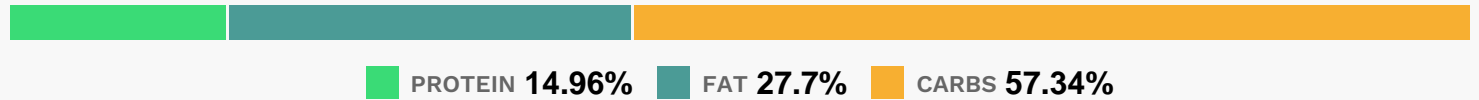
Watch how to make this recipe.

In a large saucepot, melt the butter and add the oats. Stir for 2 minutes to toast.

Add the boiling water and reduce heat to a simmer. Keep at a low simmer for 25 minutes, without stirring.

Combine the milk and half of the buttermilk with the oatmeal. Stir gently to combine and cook for an additional 10 minutes. Spoon into a serving bowl and top with remaining buttermilk, brown sugar, and cinnamon.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:13.08, Inflammation Score:-1, Nutrition Score:3.3530435225238%

Nutrients (% of daily need)

Calories: 221.5kcal (11.08%), Fat: 6.94g (10.67%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 27.84g (10.12%), Sugar: 5.82g (6.47%), Cholesterol: 12.39mg (4.13%), Sodium: 88.22mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Fiber: 4.47g (17.87%), Calcium: 102.22mg (10.22%), Iron: 1.7mg (9.46%), Phosphorus: 58.54mg (5.85%), Vitamin B2: 0.09mg (5.27%), Vitamin B12: 0.24µg (3.94%), Vitamin A: 151.34IU (3.03%), Potassium: 96.42mg (2.75%), Magnesium: 9.15mg (2.29%), Vitamin D: 0.34µg (2.24%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.28mg (1.83%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.25µg (1.79%), Copper: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.52%), Manganese: 0.03mg (1.28%)