



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

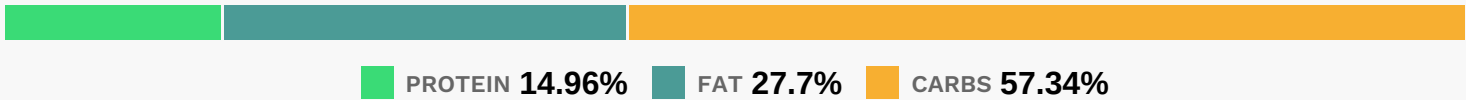
Equipment

- ☐ 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%), Vitamin B1: 0.03mg (1.83%), Zinc: 0.28mg (1.83%), Selenium: 1.25µg (1.79%), Copper: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.52%), Manganese: 0.03mg (1.28%)