



Steel-Cut Oatmeal with Salted Caramel Topping

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup poached berries fresh
- ☐ 0.3 cup brown sugar light
- ☐ 3 cups milk 1%
- ☐ 0.5 teaspoon salt
- ☐ 1 cup irish oats instant uncooked
- ☐ 0.3 cup whipped cream

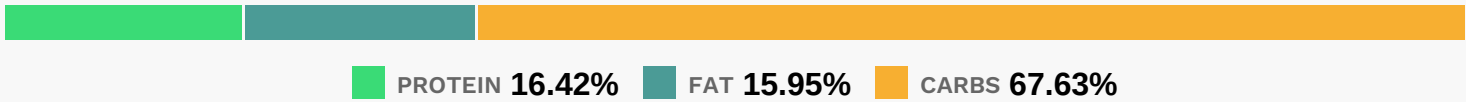
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Preheat oven to 40
- ☐ Over high heat in a medium saucepan, bring oatmeal and milk to a boil. Reduce heat and simmer until oatmeal is cooked but not mushy, 7–8 minutes.
- ☐ Remove from heat and distribute among four 6-ounce ramekins, arranged on a rimmed baking sheet.
- ☐ Combine sugar and salt, and sprinkle evenly on top of ramekins.
- ☐ Place ramekins in oven for 3–4 minutes, until sugar is melted.
- ☐ Remove from oven and turn oven to broil. Broil ramekins until sugar is browned and bubbly, watching carefully that they dont burn, 2–3 minutes.
- ☐ Remove from oven, and top each oatmeal brle with 1 tablespoon of whipped cream and 1 tablespoon fresh berries.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:12.8, Inflammation Score:-4, Nutrition Score:8.065652212371%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 302.28kcal (15.11%), Fat: 5.44g (8.37%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 46.98g (17.09%), Sugar: 24.05g (26.73%), Cholesterol: 11.7mg (3.9%), Sodium: 364.06mg (15.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.2%), Calcium: 259.95mg (25.99%), Fiber: 4.92g (19.69%), Phosphorus: 188.33mg (18.83%), Vitamin B12: 1.09µg (18.18%), Vitamin B2: 0.26mg (15.14%), Vitamin D: 1.96µg (13.08%), Iron: 1.79mg (9.96%), Potassium: 315.75mg (9.02%), Vitamin A: 381.52IU (7.63%), Vitamin B1: 0.11mg (7.23%), Vitamin B5: 0.69mg (6.93%), Vitamin B6: 0.12mg (6.24%), Magnesium: 23.87mg (5.97%), Selenium: 3.95µg (5.65%), Zinc: 0.79mg (5.29%), Vitamin K: 3.43µg (3.26%), Manganese: 0.04mg (2.17%), Vitamin B3: 0.32mg (1.59%), Folate: 5.15µg (1.29%), Vitamin E: 0.15mg (1.02%)