



Steel-Cut Oats with Bananas and Strawberries

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

200 kcal

SIDE DISH

Ingredients

- ☐ 1 banana ripe sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons brown sugar light
- ☐ 1 cup steel-cut oats
- ☐ 2 cups strawberries
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup milk whole

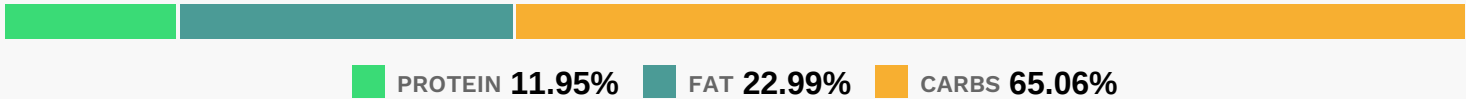
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a medium saucepan over medium heat.
- ☐ Add the oats and toast, while stirring, until they smell nice and nutty, about 3 minutes.
- ☐ Add 3 cups water, the milk, brown sugar and salt. Turn up the heat, bring to a simmer and cover. Cook for 20 minutes, stirring occasionally to keep the oats from sticking to the bottom of the pan.
- ☐ Remove the lid and stir in the banana. Cover again and cook for 10 more minutes, stirring on occasion, until the oats are soft and creamy. Stir in the berries right before serving.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:6.0186956550764%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 199.73kcal (9.99%), Fat: 5.27g (8.11%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 29.15g (10.6%), Sugar: 12.52g (13.92%), Cholesterol: 9.9mg (3.3%), Sodium: 211.86mg (9.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin C: 29.93mg (36.28%), Fiber: 4.4g (17.62%), Manganese: 0.24mg (12.22%), Calcium: 77.68mg (7.77%), Iron: 1.4mg (7.76%), Potassium: 213.43mg (6.1%), Vitamin B6: 0.12mg (6.1%), Phosphorus: 57.72mg (5.77%), Vitamin B2: 0.08mg (4.81%), Magnesium: 17.02mg (4.26%), Folate: 15.58µg (3.9%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.48µg (3.22%), Vitamin B5: 0.29mg (2.88%), Vitamin A: 142.54IU (2.85%), Vitamin B1: 0.04mg (2.7%), Copper: 0.04mg (2.11%), Vitamin B3: 0.37mg (1.83%), Selenium: 1.26µg (1.8%), Zinc: 0.27mg (1.79%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.44µg (1.37%)