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Maple Brown Sugar Oatmeal ·•

A delicious and comforting oatmeal recipe made with maple syrup and brown sugar. Perfect for a warm and hearty breakfast.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|--------|-------------|
| 100 g | Oats |
| 20 g | maple syrup |
| 10 g | brown sugar |
| 200 ml | milk |
| 200 ml | water |

Directions

Step 1

Boiling

In a saucepan, bring water and milk to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Simmering

Add oats and reduce heat to low. Cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Remove from heat and stir in maple syrup and brown sugar.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Resting

Let the oatmeal rest for a minute before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 3 g

Protein: 7 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 7 g | 41.18% | 41.18% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 50 g | 90.91% | 100% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 20 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 3 g | 10.71% | 12% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 2 iu | 0.22% | 0.29% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 50 mg | 2.17% | 2.17% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 250 mg | 7.35% | 9.62% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 8 mcg | 14.55% | 14.55% |

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Breads

Snacks

Cultural

Chinese New Year

Demographics

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

South Beach Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Scarsdale Diet

Difficulty Level

Easy

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