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Bacon Cheddar Steel-Cut Oatmeal **

Bacon Cheddar Steel-Cut Oatmeal is a savory twist on traditional oatmeal. It combines the heartiness of steel-cut oats with the smoky flavor of bacon and the richness of cheddar cheese. This dish is perfect for breakfast or brunch, providing a satisfying and filling meal to start your day. The oats are cooked until creamy and then topped with crispy bacon and melted cheddar cheese. It's a comforting and delicious dish that will keep you full and satisfied for hours.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 30 mins Total Time: 40 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	steel-cut oats
800 ml	Water
1 tsp	Salt

100 g	bacon
100 g	Cheddar Cheese

Directions

Step 1

Boiling

In a saucepan, bring water to a boil. Stir in the steel-cut oats and salt. Reduce heat to low and simmer for 25-30 minutes, stirring occasionally, until oats are tender and creamy.

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Frying

While the oats are cooking, cook the bacon in a separate skillet until crispy. Remove from skillet and drain on paper towels. Crumble the bacon into small pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stirring

Once the oats are cooked, remove from heat. Stir in the crumbled bacon and shredded cheddar cheese until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Plating

Serve the Bacon Cheddar Steel-Cut Oatmeal hot. Garnish with additional shredded cheddar cheese and crispy bacon, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	200 iu	22.22%	28.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

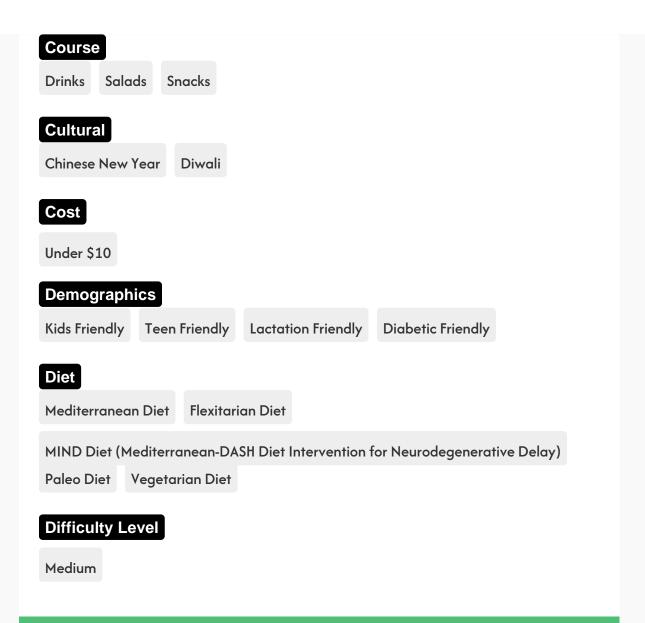
Recipe Attributes

Events

Christmas Easter

Meal Type

Breakfast Lunch Snack Brunch Dinner Supper



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