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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) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|-------------|--------|--------|--------|
| 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

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diwali

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

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

Paleo Diet

Vegetarian Diet

Difficulty Level

Medium

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