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## Oatmeal with Maple Syrup, Almond Milk, and Bacon ••

A hearty breakfast dish made with oatmeal, sweet maple syrup, creamy almond milk, and crispy bacon. This dish is perfect for starting your day with a delicious and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

100 g	oatmeal
30 g	maple syrup
250 ml	almond milk
50 g	bacon

# Directions

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## Step 1

Boiling

Cook oatmeal according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 2

Frying

In a separate pan, cook bacon until crispy.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 3

Stirring

Once the oatmeal is cooked, stir in maple syrup and almond milk.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 4

Serve the oatmeal topped with crispy bacon.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 50 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)
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Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	15 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	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Winter Spring

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Salads

### Difficulty Level

Medium

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