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Apple Pecan Steel Cut Oats ♦♦

Apple Pecan Steel Cut Oats is a delicious and nutritious breakfast option. It is made with steel cut oats, fresh apples, and crunchy pecans. This recipe is vegetarian-friendly and provides a hearty and filling meal to start your day.

Recipe Type: Vegetarian

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

125 g	Steel Cut Oats
500 ml	water
200 g	Apples
50 g	Pecans
1 tsp	cinnamon

2 tbsp maple syrup

1 tsp vanilla extract

0.5 tsp salt

Directions

Step 1

Stove

In a medium saucepan, bring water to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add steel cut oats and salt to the boiling water. Reduce heat to low and simmer for 20-25 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 25 mins

Step 3

Cutting

While the oats are cooking, peel and chop the apples into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

In a separate pan, toast the pecans over medium heat until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stove

Once the oats are cooked, stir in the chopped apples, cinnamon, maple syrup, and vanilla extract. Cook for an additional 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Serve the Apple Pecan Steel Cut Oats in bowls, topped with toasted pecans.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	10 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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	8 mg	8.89%	10.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Course

Salads

Snacks

Cultural

Chinese New Year

Christmas

Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

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

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Difficulty Level

Medium

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