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Brown Sugar Pecan Oatmeal ♦

Brown Sugar Pecan Oatmeal is a delicious and hearty breakfast option. It combines the nutty flavor of pecans with the sweetness of brown sugar, creating a warm and comforting dish. This recipe is perfect for cold mornings or when you need a quick and nutritious meal to start your day.

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
30 g	Pecans
20 g	brown sugar
200 ml	milk
200 ml	water

1 tsp Salt

Directions

Step 1

Boiling

In a medium saucepan, bring water and salt 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: 1 mins

Cook Time: 5 mins

Step 3

Roasting

In a small skillet, toast pecans over medium heat for 3-4 minutes, or until fragrant.

Prep Time: 1 mins

Cook Time: 4 mins

Step 4

Serve oatmeal in bowls, topped with toasted pecans and a sprinkle of brown sugar.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	6 g	15.79%	24%
Sugars	12 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	10 g	35.71%	40%
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	6 mg	40%	40%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	250 mg	7.35%	9.62%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Difficulty Level

Easy

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