



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegan Savory Oatmeal ^{••}

Vegan savory oatmeal is a hearty and nutritious breakfast option that combines the creaminess of oats with savory flavors. It is a great alternative to traditional sweet oatmeal and provides a satisfying and filling start to the day.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Rolled Oats
200 ml	vegetable broth
10 g	Nutritional Yeast
50 g	spinach
50 g	Cherry Tomatoes

0.5 tsp	Salt
0.25 tsp	Black pepper
0.25 tsp	Garlic powder
0.25 tsp	Onion powder
0.25 tsp	Paprika
0.125 tsp	Cayenne pepper

Directions

Step 1

Stove

In a saucepan, bring the vegetable broth to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the rolled oats to the boiling vegetable broth and reduce the heat to low. Cook for 10 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Stove

Add the nutritional yeast, salt, black pepper, garlic powder, onion powder, paprika, and cayenne pepper to the oatmeal. Stir well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

Add the spinach and cherry tomatoes to the oatmeal. Cook for an additional 2-3 minutes, until the spinach wilts and the tomatoes soften.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Stove

Remove from heat and let the oatmeal sit for a few minutes to thicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serve the vegan savory oatmeal hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 8 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com