

Healthy Southwestern Oatmeal

🕒 15 min 🍽️ 2 servings

1094 Kcal / serving

42g Protein 44g Fat 140g Carbs

Ingredients

- Egg whites, 2 cup (486 g)
- Chili powder, 0.5 teaspoon (1 g)
- Salt, 1 1/2 tsp (1 g)
- Old fashioned oats, 0.5 cup (40.5 g)
- Scallions, 24 g
- Reduced fat shredded cheddar cheese, 4 tablespoons (28 g)
- Banana Chips, 3 oz (85 g)
- Banana bread, homemade, 100 grams (100 g)
- Beverage base, banana flavour (Nesquik brand), 1 sprinkle (0.4 g)
- Bread, banana, commercial, 1 slice, thin (70 g)
- Casserole, sweet potato and green banana, homemade, 100 grams (100 g)
- Banana split, homemade, 100 grams (100 g)
- Banana bread, homemade, 100 grams (100 g)



Instructions

1. Bring 1 1/2 c. water to a boil; add the oats. reduce to a simmer, and cook for about 10 minutes, until the mixture is starting to be more oats than water.
2. Add the scallions and chili powder, and cook until excess liquid is gone. Add the egg whites, stirring constantly, and cook until the whites are opaque and mixed in.
3. Turn into a serving bowl, add salt and cheddar, and start your day!
4. Bring 1 1/2 c. water to a boil; add the oats. reduce to a simmer, and cook for about 10 minutes, until the mixture is starting to be more oats than water.
5. Add the scallions and chili powder, and cook until excess liquid is gone. Add the egg whites, stirring constantly, and cook until the whites are opaque and mixed in.
6. Turn into a serving bowl, add salt and cheddar, and start your day!
7. Bring 1 1/2 c. water to a boil; add the oats. reduce to a simmer, and cook for about 10 minutes, until the mixture is starting to be more oats than water.
8. Add the scallions and chili powder, and cook until excess liquid is gone. Add the egg whites, stirring constantly, and cook until the whites are opaque and mixed in.
9. Turn into a serving bowl, add salt and cheddar, and start your day!

10. Bring 1 1/2 c. water to a boil; add the oats. reduce to a simmer, and cook for about 10 minutes, until the mixture is starting to be more oats than water.

11. Add the scallions and chili powder, and cook until excess liquid is gone. Add the egg whites, stirring constantly, and cook until the whites are opaque and mixed in.

12. Turn into a serving bowl, add salt and cheddar, and start your day!

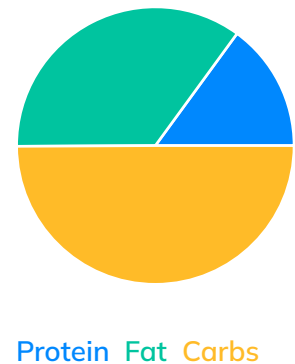
Comments

hello, these are my comments

Source: <http://www.foodista.com/recipe/JMV2JK3H/healthy-southwestern-oatmeal>

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2188.2	192.6	1094.1
Protein [g]	83.7	7.4	41.9
Fat [g]	87.2	7.7	43.6
Carbs [g]	279	24.6	139.5
Fiber [g]	13.3	1.2	6.7
Net Carbs [g]	265.7	23.4	132.9



Macronutrient breakdown per ingredient (per serving)

	Energy [kcal]	Protein [g]	Fat [g]	Carbs [g]	Fiber [g]	Net Carbs [g]
Egg whites 2 cup (486 g)	126.4	26.5	0.4	1.8	-	1.8
Chili powder 0.5 teaspoon (1 g)	1.4	0.1	0.1	0.3	0.2	0.1
Salt 1 1/2 tsp (1 g)	-	-	-	-	-	-
Old fashioned oats 0.5 cup (40.5 g)	76.8	2.7	1.3	13.7	2.1	11.7
Scallions 24 g	3.9	0.2	-	0.9	0.3	0.6
Reduced fat shredded cheddar cheese 4 tablespoons (28 g)	24.2	3.4	1	0.3	-	0.3

Banana Chips 3 oz (85 g)	220.6	1	14.3	24.8	3.3	21.6
Banana bread, homemade 100 grams (100 g)	165.5	2.2	6.2	27	-	27
Beverage base, banana flavour (Nesquik brand) 1 sprinkle (0.4 g)	0.8	-	-	0.2	-	0.2
Bread, banana, commercial 1 slice, thin (70 g)	116.2	1.9	5	16.2	0.6	15.6
Casserole, sweet potato and green banana, homemade 100 grams (100 g)	90.5	0.6	3.3	15.6	-	15.6
Banana split, homemade 100 grams (100 g)	102.5	1.2	5.9	12	0.3	11.7
Banana bread, homemade 100 grams (100 g)	165.5	2.2	6.2	27	-	27

Micronutrient summary

	TOTAL	/100 G	/SERVING
Ash [g]	7.1	0.6	3.6
Starch [g]	79.6	7	39.8
Sucrose [g]	49.2	4.3	24.6
Sugars [g]	168.2	14.8	84.1
Fiber [g]	13.3	1.2	6.7
Calcium, Ca [mg]	451.4	39.7	225.7
Iron, Fe [mg]	7.5	0.7	3.8
Magnesium, Mg [mg]	306.4	27	153.2
Phosphorus, P [mg]	880.5	77.5	440.3
Potassium, K [mg]	2742.9	241.5	1371.5
Sodium, Na [mg]	2119.6	186.6	1059.8
Zinc, Zn [mg]	4.7	0.4	2.4
Copper, Cu [mg]	1	0.1	0.5
Fluoride, F [ug]	0	0	0
Manganese, Mn [mg]	4.4	0.4	2.2
Selenium, Se [ug]	121.5	10.7	60.8
Vitamin A, IU [IU]	664.3	58.5	332.2

Retinol [ug]	248.6	21.9	124.3
Vitamin A, RAE [ug]	651.5	57.4	325.8
Carotene, beta [ug]	222.3	19.6	111.2
Vitamin E [mg]	2.7	0.2	1.4
Vitamin D [ug]	0.1	0	0.1
Lycopene [ug]	0.2	0	0.1
Lutein + zeaxanthin [ug]	115.1	10.1	57.6
Tocopherol, beta [mg]	0	0	0
Vitamin C [mg]	31.6	2.8	15.8
Thiamin [mg]	0.8	0.1	0.4
Riboflavin [mg]	2.7	0.2	1.4
Niacin [mg]	4.5	0.4	2.3
Vitamin B6 [mg]	1	0.1	0.5
Folate, total [ug]	118.4	10.4	59.2
Vitamin B12 [ug]	1.5	0.1	0.8
Menaquinone-4 [ug]	0	0	0
Dihydrophyloquinone [ug]	0	0	0
Vitamin K [ug]	53.6	4.7	26.8
Folate, food [ug]	60	5.3	30
Folate, DFE [ug]	60	5.3	30
Betaine [mg]	1.5	0.1	0.8
Threonine [g]	2.4	0.2	1.2
Isoleucine [g]	3.5	0.3	1.8
Leucine [g]	5.5	0.5	2.8
Methionine [g]	2	0.2	1
Cystine [g]	1.6	0.1	0.8
Phenylalanine [g]	3.7	0.3	1.9
Vitamin E, added [mg]	0	0	0
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	164.3	14.5	82.2
Sat Fat [g]	48.3	4.3	24.2
Phytosterols [mg]	0.8	0.1	0.4
Stigmasterol [mg]	0	0	0
Beta-sitosterol [mg]	0	0	0

Fatty acids, total monounsaturated [g]	19	1.7	9.5
Fatty acids, total polyunsaturated [g]	11.1	1	5.6
Fatty acids, total transmonoenoic [g]	0	0	0
Fatty acids, total transpolyenoic [g]	0	0	0

Micronutrient breakdown per ingredient (per serving)

	EGG WHITES	CHILI POWDER	SALT	OLD FASHIONED OATS	SCALLIONS	REDUCED FAT SHREDDED CHED...	BANANA CHIPS	BANANA BREAD, HOMEMADE	BEVERAGE BASE, BANANA FLA...	BREAD, BANANA, COMMERCIAL	CASSEROLE, SWEET POTATO A...	BANANA SPLIT, HOMEMADE	BANANA BREAD, HON...
Ash [g]	1.6	0.1	0.5	0.4	-	-	0.6	-	-	0.6	-	-	-
Starch [g]	-	-	-	11.8	-	-	-	8.7	-	7.4	2.9	0.5	8.7
Sucrose [g]	0.2	-	-	0.2	-	-	-	10	-	-	-	4.4	10
Sugars [g]	1.8	0.1	-	0.2	0.3	0.1	15	18.2	0.2	8.8	12.3	9.2	18.2
Fiber [g]	-	0.2	-	2.1	0.3	-	3.3	-	-	0.6	-	0.3	-
Calcium, Ca [mg]	17	1.7	0.1	10.6	8.7	58.1	7.7	42.5	-	3.5	9.5	24	42.5
Iron, Fe [mg]	0.2	0.1	-	0.9	0.2	0.1	0.6	0.6	-	0.3	0.3	0.2	0.6
Magnesium, Mg [mg]	26.8	0.8	-	28	2.4	2.3	32.3	13	-	7.4	17	10.5	13
Phosphorus, P [mg]	36.5	1.5	-	83.1	4.5	67.8	23.8	75	-	26.3	19	28	75
Potassium, K [mg]	396.1	9.8	0.1	73.3	33.1	9.3	227.8	142.5	-	82.6	142.5	112	142.5
Sodium, Na [mg]	403.4	14.4	193.8	1.2	1.9	85.7	2.6	85.5	-	127.4	39.5	19	85.5
Zinc, Zn [mg]	0.1	-	-	0.8	0.1	0.3	0.3	0.3	-	0.1	0.2	0.2	0.3
Copper, Cu [mg]	0.1	-	-	0.1	-	-	0.1	0.1	-	-	0.1	0.1	0.1
Fluoride, F [ug]	-	-	-	-	-	-	-	-	-	-	-	-	-
Manganese, Mn [mg]	0.1	-	-	0.8	-	-	0.7	0.3	-	-	0.2	0.1	0.3
Selenium, Se [ug]	48.6	0.1	-	5.9	0.1	2.1	0.7	-	-	2.5	0.5	0.5	-
Vitamin A, IU [IU]	-	148.3	-	-	119.7	29	35.3	-	-	-	-	-	-
Retinol [ug]	-	-	-	-	-	-	-	-	-	34.3	37	53	-
Vitamin A, RAE [ug]	-	7.4	-	-	-	-	1.7	-	-	38.2	219	59.5	-
Carotene, beta [ug]	-	75	-	-	-	-	14.5	-	-	21.7	-	-	-
Vitamin E [mg]	-	0.2	-	0.1	0.1	-	0.1	-	-	0.4	0.2	0.4	-

Vitamin D [ug]	-	-	-	-	-	-	-	-	-	-	0,1	-	-
Lycopene [ug]	-	0,1	-	-	-	-	-	-	-	-	-	-	-
Lutein + zeaxanthin [ug]	-	1,6	-	36,5	-	-	19,6	-	-	-	-	-	-
Tocopherol, beta [mg]	-	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin C [mg]	-	-	-	-	2,3	-	2,7	1	-	0,4	6,5	2	1
Thiamin [mg]	-	-	-	0,1	-	-	0,1	0,1	-	0,1	0,1	0,1	0,1
Riboflavin [mg]	1,1	-	-	0,1	-	0,1	-	0,1	-	0,1	-	0,1	0,1
Niacin [mg]	0,3	0,1	-	0,3	0,1	-	0,3	0,3	-	0,2	0,3	0,3	0,3
Vitamin B6 [mg]	-	-	-	-	-	-	0,1	0,1	-	0,1	0,1	0,1	0,1
Folate, total [ug]	9,7	0,2	-	6,5	7,7	1,6	6	5,5	-	7,7	3	6	5,5
Vitamin B12 [ug]	0,2	-	-	-	-	0,1	-	0,1	-	0,1	-	0,2	0,1
Menaquinone-4 [ug]	-	-	-	-	-	-	-	-	-	-	-	-	-
Dihydrophyloquinone [ug]	-	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin K [ug]	-	0,6	-	0,4	24,9	0,1	0,6	-	-	-	0,4	-	-
Folate, food [ug]	9,7	0,2	-	6,5	-	-	6	-	-	7,7	-	-	-
Folate, DFE [ug]	9,7	0,2	-	6,5	-	-	6	-	-	7,7	-	-	-
Betaine [mg]	0,8	-	-	-	-	-	-	-	-	-	-	-	-
Threonine [g]	1,1	-	-	0,1	-	-	0,1	-	-	-	-	-	-
Isoleucine [g]	1,6	-	-	0,1	-	-	0,1	-	-	-	-	-	-
Leucine [g]	2,5	-	-	0,2	-	-	0,1	-	-	-	-	-	-
Methionine [g]	1	-	-	0,1	-	-	-	-	-	-	-	-	-
Cystine [g]	0,7	-	-	0,1	-	-	-	-	-	-	-	-	-
Phenylalanine [g]	1,7	-	-	0,2	-	-	0,1	-	-	-	-	-	-
Vitamin E, added [mg]	-	-	-	-	-	-	-	-	-	-	-	-	-
Vitamin B12, added [ug]	-	-	-	-	-	-	-	-	-	-	-	-	-
Cholesterol [mg]	-	-	-	-	-	3	-	15,4	-	28	8,2	12,2	15,4
Sat Fat [g]	-	-	-	0,2	-	0,6	12,3	1,7	-	2,3	2,1	3,5	1,7
Phytosterols [mg]	-	0,4	-	-	-	-	-	-	-	-	-	-	-
Stigmasterol [mg]	-	-	-	-	-	-	-	-	-	-	-	-	-
Beta-sitosterol [mg]	-	-	-	-	-	-	-	-	-	-	-	-	-
Fatty acids, total monoun... [g]	-	-	-	0,4	-	0,3	0,9	2,2	-	1,9	-	1,7	2,2
Fatty acids, total polyun... [g]	-	0,1	-	0,5	-	0,1	0,3	2	-	0,4	0,2	0,4	2
Fatty acids, total transm... [g]	-	-	-	-	-	-	-	-	-	-	-	-	-
Fatty acids, total transp... [g]	-	-	-	-	-	-	-	-	-	-	-	-	-