

Comparing Oats

cooking times, nutrition, & uses

Compiled by Monica at TheYummyLife.com, 7/2013

	GROATS (whole)	IRISH (steel cut)	SCOTTISH (ground)	OLD FASHIONED (rolled)	QUICK (rolled)	INSTANT (rolled)	OAT BRAN	
1 serving (dry oats)	¼ cup (46g)	¼ cup (44g)	¼ cup (36g)	½ cup (48g)	½ cup (45g)	1/3 cup (32g)	1/3 cup (40g)	
Water or milk for cooking	¾ cup	¾ cup	¾ cup	1 cup	1 cup	½ cup	½ cup	
COOK TIME	Stove top	simmer 60 min, let stand 10 min.	simmer 20 min., let stand 2 min.	simmer 10 min., let stand 2 min.	simmer 10 min., let stand 2 min.	simmer 5 min., let stand 2 min.	n/a	Simmer 2 min., let stand 2 min.
	Microwave	n/a	n/a	High 3 min., let stand 2 min.	High 3 min., let stand 2 min.	High 2 min., let stand 2 min.	High 1 min.	High 2 min., let stand 2 min
	No-cook (stir boiling water into oats)	n/a	n/a	n/a	n/a	stir, let stand 4 min., ready to eat	Stir & ready to eat	n/a
NUTRITION	Calories (g)	130	170	140	190	180	120	150
	Fat (g)	3	3	2.5	3.5	3	2	2
	Carbs (g)	31	29	23	32	29	21	27
	Fiber (g)	5	5	4	5	5	3	7
	Protein (g)	8	7	6	7	7	5	7
	Weight Watchers PointsPlus	4	4	3	5	4	3	4
OTHER USES	Refrigerator oatmeal				✓	✓		
	Granola				✓	✓		
	Baking				✓	✓		✓
	Slow cooker	✓	✓					
	Pilafs/stuffing	✓	✓					
	Smoothies				✓	✓		✓

Serving size, cooking times, and nutritional information (when oats are cooked in water) is from Bob's Red Mill oats packaging. If you are comparing nutrition data between oats, note that serving amounts are not exactly equal (see the weight of each below their measurement). Nutritional data and recommended cooking times of other oat brands may vary slightly.



For more information about oats, go to
www.TheYummyLife.com/oats