

Rolled Oats vs Steel Cut Oats (vsdiff.com)

Attribute	Rolled Oats (Old-Fashioned)	Steel-Cut Oats (Irish/Oat Groats Cut)
Processing	Steamed & <i>flattened</i> whole oat groats	Groats <i>coarsely chopped</i> with blades
Typical cook time	~5-10 minutes (stovetop) or 10-20 min soaked/slow-cooked	~20-40 minutes stovetop or 1-3 hours slow-simmered
Texture	creamy, soft	chewy, nuttier
Common uses	porridge, baking, quick breakfasts	porridge, hearty dishes, textured salads
Typical fiber (per 100 g, dry)	~7-10 g	~8-11 g
Glycemic tendency	moderate (faster digest)	lower to moderate (slower digest)
Shelf life (in pantry)	~6-12 months unopened	~6-12 months unopened (may last longer if refrigerated)

Source: <https://vsdiff.com/rolled-oats-vs-steel-cut-oats/>