



## Apple-Cream Cheese Muffins

READY IN



70 min.

SERVINGS



15

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup brown sugar packed
- 1.8 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 2 eggs beaten
- 0.7 cup cooking oil
- 0.3 cup apple sauce
- 1 teaspoon vanilla

- 1 cup apples shredded peeled
- 0.3 cup cream cheese (from 8-oz package)
- 3 tablespoons brown sugar packed
- 2 tablespoons flour all-purpose
- 1 tablespoon butter softened

## Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- muffin liners

## Directions

- Heat oven to 350°F. Line 15 muffin cups with paper baking cups. Reserve 1 tablespoon of the brown sugar in the muffins for filling.
- In large bowl with electric mixer, mix remaining brown sugar for muffins, 1 3/4 cups flour, the baking powder, cinnamon and salt on low speed until mixed. Reserve 1 tablespoon of the beaten egg for filling.
- Add oil, applesauce, vanilla and remaining egg to flour mixture. Beat on medium speed until mixed. With spoon, stir in apple.
- In small bowl, mix cream cheese, the reserved 1 tablespoon brown sugar and reserved 1 tablespoon egg. Fill muffin cups slightly less than half full of batter. Top each with 1 teaspoon cream cheese mixture. Top with spoonful of remaining batter to fill cups 2/3 full. In small bowl, mix all streusel ingredients; sprinkle over batter.
- Bake 22 to 26 minutes or until toothpick inserted in center comes out clean.
- Remove from pan. Cool slightly, about 10 minutes.

## Nutrition Facts



■ PROTEIN 6.53% ■ FAT 28.19% ■ CARBS 65.28%

## Properties

Glycemic Index:20.4, Glycemic Load:9.05, Inflammation Score:-2, Nutrition Score:3.6130434896635%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 165.12kcal (8.26%), Fat: 5.21g (8.01%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 26.44g (9.61%), Sugar: 14.54g (16.15%), Cholesterol: 26.92mg (8.97%), Sodium: 143.01mg (6.22%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 2.72g (5.43%), Selenium: 7.69µg (10.99%), Vitamin B1: 0.13mg (8.56%), Folate: 32.25µg (8.06%), Vitamin B2: 0.12mg (7.02%), Manganese: 0.13mg (6.67%), Iron: 0.98mg (5.45%), Vitamin B3: 0.96mg (4.79%), Phosphorus: 41.62mg (4.16%), Calcium: 39mg (3.9%), Vitamin E: 0.51mg (3.43%), Fiber: 0.7g (2.81%), Vitamin A: 138.69IU (2.77%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg (1.89%), Potassium: 62.32mg (1.78%), Vitamin K: 1.81µg (1.73%), Magnesium: 6.51mg (1.63%), Vitamin B6: 0.03mg (1.5%), Zinc: 0.22mg (1.47%), Vitamin B12: 0.06µg (1.07%)