



Apple-Ginger Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup apples diced peeled
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoons baking soda
- 0.5 cup brown sugar packed
- 1 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ginger fresh grated peeled
- 3 tablespoons honey

- 1 cup milk 1% low-fat
- 1.3 cups quick-cooking oats
- 2 teaspoons quick-cooking oats
- 0.5 teaspoon salt
- 3 tablespoons vegetable oil
- 0.3 cup flour whole wheat

Equipment

- bowl
- oven
- knife
- whisk
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- Combine first 7 ingredients in a large bowl; stir with a whisk.
- Let stand 15 minutes.
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours and next 3 ingredients in a large bowl; make a well in center of mixture.
- Add oat mixture to dry ingredients, stirring just until moist. Gently fold in apple.
- Spoon batter into 12 muffin cups coated with cooking spray.
- Sprinkle 2 teaspoons oats over top of batter.
- Bake at 400 for 18 to 20 minutes or until muffins spring back when touched.
- Serve warm.

Nutrition Facts



■ PROTEIN 8.39% ■ FAT 23.11% ■ CARBS 68.5%

Properties

Glycemic Index:33.02, Glycemic Load:12.06, Inflammation Score:-3, Nutrition Score:6.2834783429685%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg 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: 181.88kcal (9.09%), Fat: 4.8g (7.39%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 30.36g (11.04%), Sugar: 15.45g (17.17%), Cholesterol: 16.48mg (5.49%), Sodium: 212.52mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Manganese: 0.59mg (29.37%), Selenium: 10.07µg (14.39%), Vitamin B1: 0.16mg (10.6%), Phosphorus: 103.86mg (10.39%), Magnesium: 35.26mg (8.81%), Calcium: 71.9mg (7.19%), Vitamin B2: 0.12mg (6.94%), Iron: 1.23mg (6.85%), Fiber: 1.68g (6.74%), Vitamin K: 6.89µg (6.56%), Folate: 26.01µg (6.5%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.59mg (3.95%), Copper: 0.07mg (3.61%), Potassium: 117.3mg (3.35%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.28mg (2.84%), Vitamin B6: 0.05mg (2.62%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.3µg (2%), Vitamin A: 66.9IU (1.34%)