



Apple - Hazelnut Muffins (Gf, Vegan)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



717 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples with peel, coarsely grated
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup canola oil
- 0.5 tablespoon cinnamon
- 0.3 cup cornstarch
- 0.8 cup t brown sugar dark
- 0.5 teaspoon ginger

- 2 tablespoons ground flaxseed
- 1 teaspoon xanthan gum
- 0.8 cup hazelnuts toasted chopped finely (not ground, though)
- 0.3 cup millet flour
- 0.5 teaspoon nutmeg
- 0.3 cup potato flour (NOT potato flour)
- 0.5 cup rice flour
- 1 teaspoon rice vinegar
- 0.5 teaspoon sea salt
- 0.3 cup sorghum flour
- 0.3 cup soymilk
- 1 teaspoon vanilla extract pure (make sure it's GF)
- 0.3 cup water hot

Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 350F, line 12 muffin cups with paper cups. In a small bowl, mix together flaxseed and hot water.
- Let stand for 10 minutes. In a medium bowl, whisk together flours, starches, baking powder, baking soda, guar gum, cinnamon, nutmeg and ginger. Set aside. In a large bowl beat together brown sugar, oil, vanilla and rice vinegar.
- Add flaxseed mixture and blend in well.
- Add the dry mixture and stir in gently, then add the soy milk and stir just to combine all the ingredients. Fold in shredded apple and hazelnuts. Portion into the prepared muffin cups.
- Bake 35 minutes, until they test done.

Remove from the pans immediately and cool on wire racks.

Nutrition Facts

PROTEIN 4.32% **FAT 42.88%** **CARBS 52.8%**

Properties

Glycemic Index:129.85, Glycemic Load:19.05, Inflammation Score:-5, Nutrition Score:19.323913175127%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 717.13kcal (35.86%), Fat: 35.19g (54.13%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 97.47g (32.49%), Net Carbohydrates: 90.1g (32.76%), Sugar: 47.01g (52.24%), Cholesterol: 0mg (0%), Sodium: 773.96mg (33.65%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 7.97g (15.95%), Manganese: 2.15mg (107.52%), Vitamin E: 7.22mg (48.15%), Copper: 0.6mg (29.81%), Fiber: 7.37g (29.5%), Calcium: 290.41mg (29.04%), Phosphorus: 241.89mg (24.19%), Magnesium: 90.31mg (22.58%), Vitamin B6: 0.43mg (21.68%), Vitamin B1: 0.32mg (21.49%), Vitamin K: 18.51µg (17.63%), Iron: 2.89mg (16.04%), Vitamin B3: 2.82mg (14.09%), Potassium: 469.85mg (13.42%), Selenium: 9.04µg (12.91%), Folate: 43.57µg (10.89%), Zinc: 1.32mg (8.81%), Vitamin B5: 0.7mg (7.04%), Vitamin C: 5.03mg (6.1%), Vitamin B2: 0.09mg (5.45%), Vitamin B12: 0.16µg (2.65%), Vitamin A: 90.24IU (1.8%), Vitamin D: 0.18µg (1.18%)