



Apple Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup natural applesauce
- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.3 cup canola oil
- 2 large eggs
- 1 cup flour all-purpose
- 1 golden delicious apple cored peeled cut into 1/4-inch pieces
- 0.5 teaspoon ground cinnamon

- 0.8 cup buttermilk low fat
- 0.3 cup pecans chopped
- 0.5 teaspoon salt fine
- 1 teaspoon vanilla extract
- 1 cup pastry flour whole wheat

Equipment

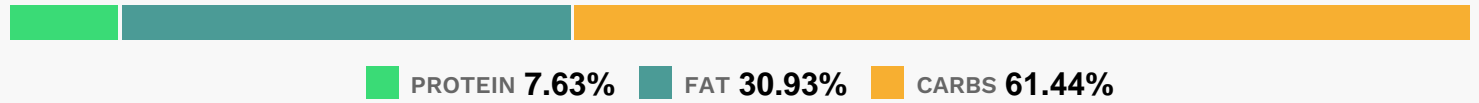
- bowl
- oven
- knife
- whisk
- wire rack
- muffin tray

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F. Coat a 12-capacity standard muffin pan with cooking spray.
- In a small bowl, mix together the pecans, 2 tablespoons of the brown sugar and the cinnamon.
- In a medium bowl, whisk together the all-purpose and whole wheat flour, baking soda and salt.
- In a large bowl, whisk the remaining 3/4 cup sugar and the oil until combined.
- Add the eggs, one at a time, whisking well after each addition.
- Whisk in the applesauce and vanilla.
- Whisk in the flour mixture in two batches, alternating with the buttermilk.
- Whisk just until combined. Gently stir in the apple chunks.
- Pour the batter into the prepared muffin pan and sprinkle with the pecan mixture. Tap the pan on the counter a few times to remove any air bubbles.
- Bake until a wooden pick inserted in center of one of the muffins comes out clean, 20 to 25 minutes.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:6.6817391527736%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 217.38kcal (10.87%), Fat: 7.65g (11.77%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 32g (11.64%), Sugar: 17.72g (19.69%), Cholesterol: 31.6mg (10.53%), Sodium: 227.13mg (9.88%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 4.25g (8.5%), Manganese: 0.62mg (30.87%), Selenium: 12.89µg (18.41%), Vitamin B1: 0.16mg (10.9%), Fiber: 2.2g (8.8%), Phosphorus: 86.25mg (8.62%), Vitamin B2: 0.14mg (8.38%), Folate: 29.84µg (7.46%), Vitamin E: 1.08mg (7.22%), Iron: 1.23mg (6.81%), Magnesium: 24.09mg (6.02%), Vitamin B3: 1.2mg (6.01%), Copper: 0.11mg (5.4%), Vitamin B6: 0.09mg (4.42%), Calcium: 42.69mg (4.27%), Zinc: 0.62mg (4.16%), Potassium: 140.28mg (4.01%), Vitamin K: 4.07µg (3.87%), Vitamin B5: 0.33mg (3.33%), Vitamin B12: 0.11µg (1.79%), Vitamin A: 68.1IU (1.36%), Vitamin D: 0.17µg (1.11%)