



Apple-Oat Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 pound mcintosh apples shredded peeled

- ☐ 1 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 8 ounce carton yogurt plain low-fat

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Place apple on paper towels; squeeze until barely moist. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine the flour and next 6 ingredients (flour through cinnamon) in a medium bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine milk, oil, vanilla, yogurt, and egg; stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Stir in apple.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



 **PROTEIN 9.24%**  **FAT 17.45%**  **CARBS 73.31%**

Properties

Glycemic Index:25.19, Glycemic Load:12.45, Inflammation Score:-3, Nutrition Score:6.2321739015372%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 184.2kcal (9.21%), Fat: 3.63g (5.58%), Saturated Fat: 0.78g (4.84%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 32.51g (11.82%), Sugar: 16.59g (18.43%), Cholesterol: 16.79mg (5.6%), Sodium: 220.99mg (9.61%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 4.32g (8.65%), Manganese: 0.43mg (21.63%), Selenium: 9.75µg (13.93%), Vitamin B1: 0.18mg (11.79%), Phosphorus: 103.38mg (10.34%), Vitamin B2: 0.16mg (9.36%), Calcium: 91.33mg (9.13%), Folate: 35.87µg (8.97%), Iron: 1.31mg (7.28%), Magnesium: 28.75mg (7.19%), Fiber: 1.78g (7.13%), Vitamin B3: 1.05mg (5.25%), Vitamin K: 5.13µg (4.89%), Potassium: 146.97mg (4.2%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.36%), Vitamin B12: 0.17µg (2.88%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.34mg (2.3%), Vitamin C: 1.46mg (1.77%), Vitamin A: 58.11IU (1.16%)