



Apple-Oatmeal Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon cinnamon
- 0.5 cup confectioners' sugar
- 0.5 cup brown sugar dark packed
- 1 large eggs
- 1.3 cups flour all-purpose
- 1.3 cups granny smith apples grated peeled

- 1 tablespoon juice of lemon
- 1 cup old-fashioned rolled oats (not quick-cooking)
- 0.5 cup yogurt plain (not nonfat)
- 1 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 375F. Line a 12-cup muffin tin with paper liners or mist with cooking spray.
- In a large bowl, whisk flour, brown sugar, baking powder, baking soda, salt and cinnamon. Stir in oats. In a medium bowl, whisk yogurt, apple sauce, oil, egg and vanilla. Stir apples into yogurt mixture.
- Add yogurt mixture to flour mixture and stir until just moistened.
- Divide batter among muffin cups.
- Bake until golden and a toothpick inserted into center of a muffin comes out clean, 22 to 24 minutes.
- Let cool in pan 5 minutes, then turn out muffins to rack to cool completely.
- Combine cider or lemon juice and confectioners' sugar with a fork until smooth.
- Drizzle over cooled muffins and let stand until set, 15 to 20 minutes.

Nutrition Facts

PROTEIN 6.53% FAT 27.06% CARBS 66.41%

Properties

Glycemic Index:10.52, Glycemic Load:4.57, Inflammation Score:-1, Nutrition Score:2.4786956660126%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 92.6kcal (4.63%), Fat: 2.82g (4.34%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.84g (5.4%), Sugar: 8.09g (8.99%), Cholesterol: 8.08mg (2.69%), Sodium: 155.71mg (6.77%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.53g (3.06%), Manganese: 0.18mg (8.76%), Selenium: 3.86µg (5.52%), Vitamin B1: 0.07mg (4.58%), Vitamin K: 4.29µg (4.09%), Phosphorus: 36.91mg (3.69%), Folate: 14.27µg (3.57%), Calcium: 33.26mg (3.33%), Vitamin B2: 0.06mg (3.29%), Iron: 0.56mg (3.1%), Fiber: 0.73g (2.93%), Vitamin B3: 0.43mg (2.14%), Magnesium: 7.72mg (1.93%), Vitamin E: 0.24mg (1.61%), Zinc: 0.22mg (1.49%), Copper: 0.03mg (1.47%), Potassium: 46.54mg (1.33%), Vitamin B5: 0.13mg (1.26%)