



Apple Pie Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



14

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon cinnamon for topping
- ☐ 1 large eggs
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar for topping
- ☐ 1 cup milk low fat fine
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

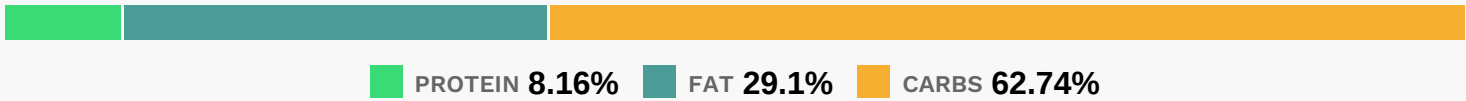
Equipment

- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F. Spray 14 muffin cups with flour-added baking spray or line with paper liners. Peel the apple, remove the core and chop into very fine bits. I recommend using a mini food processor. You should end up with about 2 1/3 cups. In a small bowl, thoroughly mix together the flour, salt, baking powder, 3/4 teaspoon of cinnamon and nutmeg. In a mixing bowl, lightly beat the egg with a fork, then stir in 1/2 cup of sugar, oil and vanilla.
- ☐ Add the chopped apple and stir well.
- ☐ Add the flour mixture and milk alternately, stirring just until blended. Divide the batter among the 14 muffin cups – it should come almost to the top.
- ☐ Mix together the reserved 1 tablespoon of sugar and 1/2 teaspoon of cinnamon.
- ☐ Sprinkle over the top.
- ☐ Bake the muffins on the center rack for about 25 minutes.
- ☐ Let cool in the muffin pan. As the cool, loosen gently with edge of a knife, but do not remove. When the muffins are cool, remove from cups.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:15.35, Inflammation Score:-2, Nutrition Score:4.3095651869055%

Nutrients (% of daily need)

Calories: 142.08kcal (7.1%), Fat: 4.61g (7.09%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 21.8g (7.93%), Sugar: 8.06g (8.95%), Cholesterol: 14.13mg (4.71%), Sodium: 216.31mg (9.4%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Protein: 2.91g (5.82%), Selenium: 7.68µg (10.97%), Vitamin B1: 0.15mg (10.28%), Calcium: 94.41mg (9.44%), Folate: 35.4µg (8.85%), Vitamin B2: 0.13mg (7.74%), Manganese: 0.15mg (7.33%), Phosphorus: 69.31mg (6.93%), Vitamin K: 7.27µg (6.93%), Iron: 1.05mg (5.83%), Vitamin B3: 1.1mg (5.5%), Vitamin E: 0.37mg (2.48%), Vitamin B12: 0.13µg (2.24%), Fiber: 0.56g (2.23%), Vitamin B5: 0.2mg (1.96%), Magnesium: 6.92mg (1.73%), Vitamin D: 0.26µg (1.71%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.52%), Potassium: 52.42mg (1.5%), Vitamin B6: 0.02mg (1.22%), Vitamin A: 52.68IU (1.05%)