



Apple Raisin Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



60

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups apples grated
- ☐ 2 teaspoons baking soda
- ☐ 1 cup butter 2 sticks
- ☐ 15.5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons nutmeg freshly grated
- ☐ 2 cups raisins

- ☐ 2 cups sugar
- ☐ 1 cup walnuts chopped
- ☐ 1 cup water

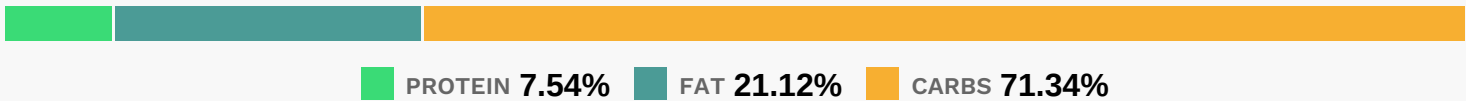
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the water, sugar, apples, raisins, butter, cinnamon, nutmeg, and cloves in a saucepan; bring to a boil.
- ☐ Remove the pan from the heat and cool completely.
- ☐ In a large bowl, stir the nuts and baking soda into the flour.
- ☐ Add the cooled mixture to the bowl, and stir until blended. Fill greased miniature muffin tins with batter to the top.
- ☐ Bake for 15 minutes.
- ☐ Note: Extra muffins can be stored in a re-sealable freezer bag

Nutrition Facts



Properties

Glycemic Index:6.35, Glycemic Load:24.71, Inflammation Score:-3, Nutrition Score:5.4991304323725%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin:

0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 200.12kcal (10.01%), Fat: 4.74g (7.29%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.53g (12.56%), Sugar: 7.25g (8.05%), Cholesterol: 8.13mg (2.71%), Sodium: 63.21mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin B1: 0.27mg (17.78%), Manganese: 0.32mg (16.25%), Selenium: 11.15µg (15.93%), Folate: 61.45µg (15.36%), Vitamin B2: 0.17mg (10.29%), Vitamin B3: 1.99mg (9.95%), Iron: 1.7mg (9.44%), Fiber: 1.49g (5.94%), Copper: 0.1mg (4.76%), Phosphorus: 46.82mg (4.68%), Magnesium: 12.16mg (3.04%), Potassium: 89.22mg (2.55%), Zinc: 0.3mg (2.03%), Vitamin A: 97.48IU (1.95%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.16mg (1.62%), Calcium: 10.35mg (1.03%)