



Apple-Walnut Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup apples peeled finely chopped
- 0.3 cup firmly brown sugar packed
- 1 Tbsp calumet baking powder
- 1 eggs
- 1 cup milk fat-free
- 1.5 cups flour
- 1 tsp ground cinnamon
- 1.5 cups raisin bran cereal

- 0.3 cup apple sauce unsweetened
- 1 Tbsp vegetable oil
- 0.8 cup planters walnuts chopped

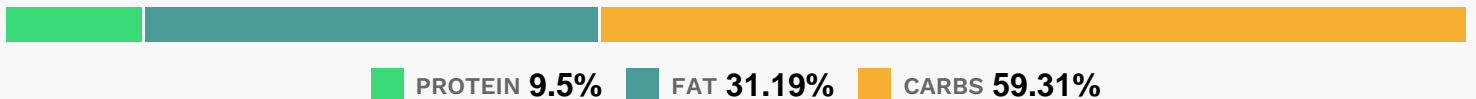
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Preheat oven to 425F.
- Mix flour, sugar, baking powder and cinnamon in large bowl; set aside. Beat egg, milk, applesauce and oil in small bowl with wire whisk until well blended. Stir in cereal; let stand 5 min.
- Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in apples and walnuts.
- Spoon batter evenly into 12 greased or paper-lined medium muffin cups.
- Bake 20 min. or until toothpick inserted in centers comes out clean. Cool 5 min.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:9.6, Inflammation Score:-4, Nutrition Score:8.2921739142874%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

0.01mg, Epigallocatechin 3-gallate: 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: 0.45mg, Quercetin:
0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 181.99kcal (9.1%), Fat: 6.56g (10.09%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 28.06g (9.35%), Net
Carbohydrates: 25.76g (9.37%), Sugar: 11.09g (12.32%), Cholesterol: 14.25mg (4.75%), Sodium: 150.16mg (6.53%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 0.64mg (32.04%), Folate: 63.4µg
(15.85%), Iron: 2.55mg (14.16%), Vitamin B1: 0.21mg (13.86%), Phosphorus: 119.77mg (11.98%), Selenium: 7.73µg
(11.04%), Vitamin B2: 0.19mg (11.03%), Calcium: 108.5mg (10.85%), Fiber: 2.3g (9.21%), Copper: 0.18mg (8.95%),
Vitamin B3: 1.68mg (8.4%), Magnesium: 31.82mg (7.95%), Vitamin B6: 0.13mg (6.55%), Vitamin B12: 0.34µg (5.59%),
Zinc: 0.77mg (5.11%), Potassium: 149.48mg (4.27%), Vitamin A: 163.47IU (3.27%), Vitamin D: 0.42µg (2.82%), Vitamin
B5: 0.27mg (2.71%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.26mg (1.74%)