



Applesauce Muffins

 Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

12

CALORIES

calories

209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup honey

- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 1 cup apple sauce unsweetened
- ☐ 0.3 cup walnuts crushed

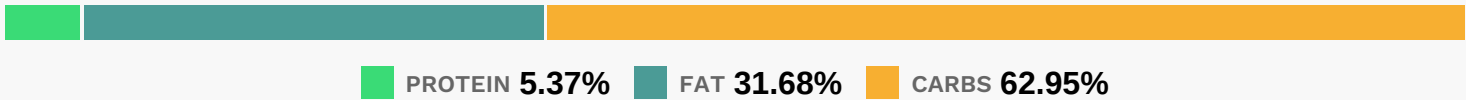
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 12 muffin cups with paper liners.
- ☐ Mix flour, baking soda, allspice, nutmeg, cinnamon, cloves, ginger, and salt together in a bowl.
- ☐ Beat shortening with an electric mixer in a separate large bowl until smooth; add honey and mix for 2 minutes. Stir flour mixture into shortening mixture, alternating with applesauce, until batter is smooth. Fold in raisins and walnuts. Spoon about 2 1/2 tablespoons batter into each muffin cup.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:19.69, Inflammation Score:-2, Nutrition Score:4.9926086728987%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 209.12kcal (10.46%), Fat: 7.62g (11.73%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 32.18g (11.7%), Sugar: 7.86g (8.73%), Cholesterol: 0mg (0%), Sodium: 144.74mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Manganese: 0.35mg (17.59%), Vitamin B1: 0.19mg (12.82%), Selenium: 7.41µg (10.58%), Folate: 41.75µg (10.44%), Iron: 1.46mg (8.14%), Vitamin B2: 0.14mg (8.1%), Fiber: 1.9g (7.6%), Vitamin B3: 1.43mg (7.14%), Copper: 0.12mg (5.77%), Potassium: 154.38mg (4.41%), Phosphorus: 41.78mg (4.18%), Magnesium: 13.43mg (3.36%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.42mg (2.8%), Vitamin B6: 0.05mg (2.66%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.16mg (1.63%), Calcium: 12.33mg (1.23%), Vitamin C: 0.96mg (1.17%)