



Applesauce Muffins with Cinnamon Streusel Topping

 Vegetarian

READY IN



48 min.

SERVINGS



100

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup apple sauce
- ☐ 4 cups baking mix all-purpose
- ☐ 100 servings cinnamon
- ☐ 2 large eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.5 cup sugar

☐ 0.3 cup vegetable oil

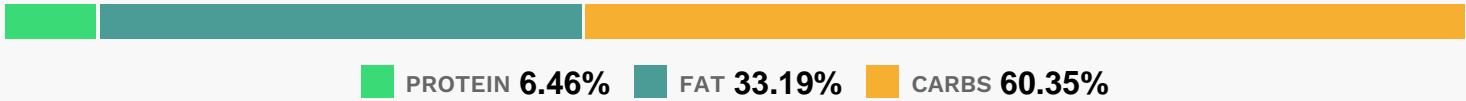
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together baking mix, sugar, and cinnamon in a large bowl; make a well in center of mixture.
- ☐ Whisk together applesauce and next 3 ingredients in a small bowl; add to sugar mixture, stirring just until dry ingredients are moistened. Spoon batter into a lightly greased 12-cup muffin pan, filling almost completely full.
- ☐ Sprinkle Cinnamon Streusel Topping over batter.
- ☐ Bake at 400 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean and tops are golden brown. Cool in pan on a wire rack 5 minutes.
- ☐ Remove from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:1.18, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.0413043447163%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 37.1kcal (1.85%), Fat: 1.45g (2.23%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 4.72g (1.72%), Sugar: 1.82g (2.02%), Cholesterol: 3.96mg (1.32%), Sodium: 63.38mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Manganese: 0.37mg (18.67%), Fiber: 1.2g (4.81%), Phosphorus: 32.68mg (3.27%), Calcium: 31.17mg (3.12%), Vitamin B1: 0.03mg (1.97%), Vitamin K: 1.97µg (1.87%), Iron: 0.32mg (1.8%), Vitamin B2: 0.03mg (1.69%), Folate: 6.64µg (1.66%), Vitamin B3: 0.25mg (1.24%), Selenium: 0.76µg (1.09%)