



Applesauce-Oatmeal Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



28 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 3 tablespoons brown sugar
- 1 egg white
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 cup quick-cooking oats uncooked
- 0.1 teaspoon salt
- 0.3 cup skim milk

- 2 tablespoons apple sauce unsweetened
- 1.5 teaspoons vegetable oil

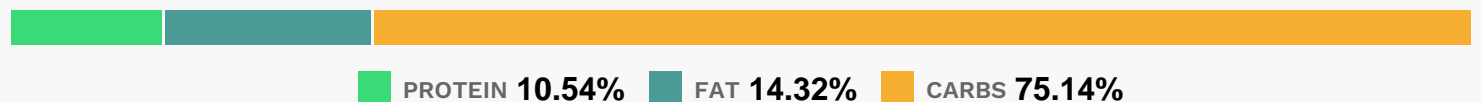
Equipment

- bowl
- frying pan
- oven
- muffin tray

Directions

- Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- Combine milk, applesauce, oil, and egg white; add to dry ingredients, stirring just until dry ingredients are moistened.
- Spoon batter into 4 muffin pan cups coated with cooking spray, filling each three-fourths full.
- Bake at 400 for 18 to 20 minutes or until golden.
- Remove from pan immediately.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:0.99521738047833%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 27.58kcal (1.38%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.08g (2.31%), Cholesterol: 0.09mg (0.03%), Sodium: 40.11mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Manganese: 0.07mg (3.56%), Selenium: 1.79µg (2.56%), Vitamin B1: 0.03mg (2.14%), Calcium: 18.66mg (1.87%), Vitamin B2: 0.03mg (1.63%), Phosphorus: 16.06mg

(1.61%), Folate: 6.23 μ g (1.56%), Iron: 0.23mg (1.3%), Magnesium: 4.23mg (1.06%), Vitamin B3: 0.2mg (1.01%)