



Apricot-Oatmeal Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup oats
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup milk
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 teaspoon vanilla

- ☐ 1 eggs
- ☐ 0.3 cup apricot dried finely chopped
- ☐ 1 tablespoon oats

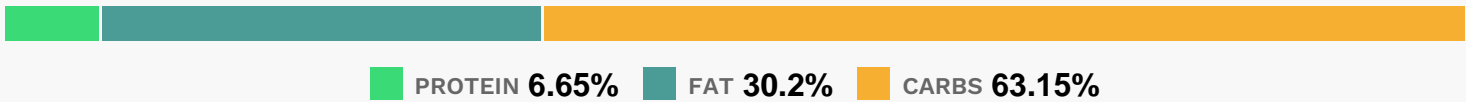
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 6 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups.
- ☐ In medium bowl, mix flour, 1/2 cup oats, the baking powder and salt. In small bowl, mix brown sugar, milk, oil, vanilla and egg with fork or wire whisk until blended. Stir milk mixture into flour mixture just until flour is moistened. Fold in apricots. Divide evenly among muffin cups.
- ☐ Sprinkle each with about 1/2 teaspoon oats.
- ☐ Bake 23 to 25 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to cooling rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:53.07, Glycemic Load:12.16, Inflammation Score:-4, Nutrition Score:6.9643478328767%

Nutrients (% of daily need)

Calories: 253.39kcal (12.67%), Fat: 8.63g (13.27%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 40.59g (13.53%),
Net Carbohydrates: 38.86g (14.13%), Sugar: 22.48g (24.98%), Cholesterol: 28.91mg (9.64%), Sodium: 189.79mg
(8.25%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.27g (8.55%), Manganese: 0.42mg (21.03%),
Selenium: 10.43µg (14.9%), Vitamin K: 12.99µg (12.38%), Vitamin B1: 0.17mg (11.33%), Phosphorus: 97.38mg (9.74%),
Folate: 35.43µg (8.86%), Iron: 1.58mg (8.79%), Vitamin B2: 0.15mg (8.65%), Calcium: 85.62mg (8.56%), Fiber: 1.73g
(6.94%), Vitamin E: 0.99mg (6.63%), Vitamin A: 321.85IU (6.44%), Vitamin B3: 1.24mg (6.19%), Potassium: 184.06mg
(5.26%), Magnesium: 20.83mg (5.21%), Copper: 0.09mg (4.6%), Zinc: 0.58mg (3.84%), Vitamin B5: 0.38mg (3.8%),
Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.3µg (1.97%)