

# Taste of Home

## Apricot Oatmeal Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



18

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2.5 cups flour all-purpose
- 0.5 cup brown sugar packed
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 cup oats
- 1 cup apricot dried chopped
- 0.5 cup butter
- 0.8 cup water boiling

- 2 large eggs lightly beaten
- 1 cup milk whole
- 2 teaspoons orange zest grated

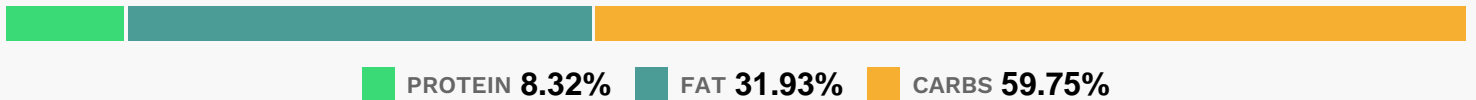
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a bowl, combine the first four ingredients. In another bowl, combine the oats, apricots, butter and boiling water; stir until butter is melted. Cool for 5 minutes. Stir in eggs, milk and orange zest if desired. Stir into dry ingredients just until moistened.
- Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 400&deg; for 20–22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:19.63, Glycemic Load:13.05, Inflammation Score:-4, Nutrition Score:5.9113043935403%

## Nutrients (% of daily need)

Calories: 182.39kcal (9.12%), Fat: 6.59g (10.14%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 26.31g (9.57%), Sugar: 10.57g (11.75%), Cholesterol: 35.85mg (11.95%), Sodium: 192.26mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Manganese: 0.34mg (16.77%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.17mg (11.47%), Vitamin A: 470.76IU (9.42%), Folate: 36.86µg (9.22%), Phosphorus: 85.61mg (8.56%), Vitamin B2: 0.14mg (8.41%), Iron: 1.42mg (7.91%), Calcium: 74.93mg (7.49%), Vitamin B3: 1.28mg (6.39%), Fiber: 1.44g (5.78%), Magnesium: 21.59mg (5.4%), Potassium: 156.74mg (4.48%), Vitamin E: 0.57mg (3.78%), Copper: 0.08mg (3.77%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.43mg (2.87%), Vitamin B12: 0.13µg (2.22%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.26µg (1.73%)