



Aunt B's Peanut Butter Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup brown sugar
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1.3 cups milk
- ☐ 0.3 cup peanut butter
- ☐ 0.8 cup rolled oats
- ☐ 0.5 teaspoon salt

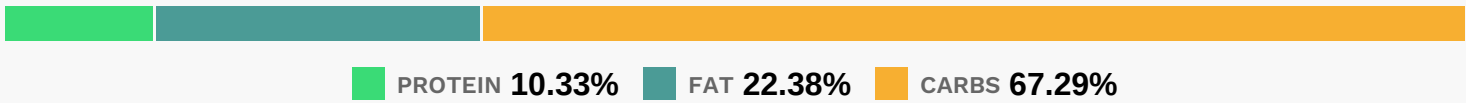
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix flour, oats, brown sugar, baking powder, and salt in a large bowl. Beat milk, peanut butter, and eggs in another bowl; stir into oat mixture, mixing until batter is well blended. Spoon batter evenly into 12 muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 18 minutes.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:5.647826048991%

Nutrients (% of daily need)

Calories: 171.96kcal (8.6%), Fat: 4.37g (6.72%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 28.42g (10.34%), Sugar: 15.22g (16.91%), Cholesterol: 16.69mg (5.56%), Sodium: 245.23mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Manganese: 0.36mg (18.14%), Selenium: 7.87µg (11.25%), Calcium: 110.77mg (11.08%), Phosphorus: 108.45mg (10.85%), Vitamin B1: 0.15mg (9.91%), Folate: 31.93µg (7.98%), Vitamin B3: 1.58mg (7.92%), Vitamin B2: 0.13mg (7.9%), Iron: 1.19mg (6.59%), Magnesium: 23.94mg (5.99%), Fiber: 1.12g (4.49%), Vitamin E: 0.57mg (3.8%), Zinc: 0.57mg (3.79%), Potassium: 124.28mg (3.55%), Copper: 0.07mg (3.53%), Vitamin B5: 0.34mg (3.4%), Vitamin B6: 0.06mg (3.1%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.35µg (2.35%), Vitamin A: 60.97IU (1.22%)