



Basic Sweet Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vegetable oil

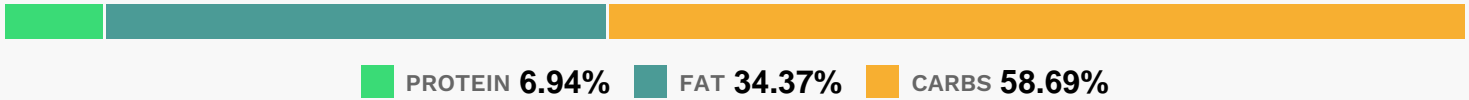
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stir together first 4 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together egg, milk, and oil until blended.
- ☐ Add to dry ingredients, stirring just until moistened. Spoon batter into lightly greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 18 to 20 minutes.
- ☐ Remove from pans immediately.
- ☐ Add 3/4 cup peeled, chopped apple; 1/4 teaspoon ground cinnamon; and 1/4 teaspoon ground nutmeg to dry ingredients, and proceed as directed.
- ☐ Blueberry Muffins: Fold 3/4 cup fresh or frozen blueberries, unthawed, into batter, and proceed as directed.
- ☐ Date-Nut Muffins: Fold 1/2 cup chopped dates and 1/2 cup chopped pecans into batter, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:14.79, Inflammation Score:-1, Nutrition Score:3.5778260645659%

Nutrients (% of daily need)

Calories: 141.52kcal (7.08%), Fat: 5.44g (8.37%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 20.49g (7.45%), Sugar: 8.86g (9.85%), Cholesterol: 16.72mg (5.57%), Sodium: 177.74mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Selenium: 6.82µg (9.74%), Vitamin B1: 0.13mg (8.67%), Vitamin K: 8.44µg (8.04%), Folate: 30.55µg (7.64%), Vitamin B2: 0.11mg (6.58%), Calcium: 56.5mg (5.65%), Manganese: 0.11mg (5.44%), Phosphorus: 50mg (5%), Iron: 0.88mg (4.87%), Vitamin B3: 0.94mg (4.68%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.17mg (1.7%), Fiber: 0.42g (1.69%), Vitamin B12: 0.09µg (1.53%), Zinc: 0.21mg (1.37%), Magnesium: 5.34mg (1.33%), Copper: 0.03mg (1.32%), Vitamin D: 0.2µg (1.3%), Potassium: 38.04mg (1.09%), Vitamin B6: 0.02mg (1.01%)