



Blueberry Oatmeal Chia Seed Muffins

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 2.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups blueberries
- 2 tablespoons brown sugar
- 0.5 cup chia seeds
- 0.5 cup cooking oil
- 2 eggs beaten

- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup orange juice
- 1 cup rolled oats
- 1 teaspoon salt
- 1 cup sugar white

Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease 24 muffin cups or line with paper liners.
- Sift flour, white sugar, baking powder, salt, and baking soda together in a large bowl; add oats and chia seeds.
- Mix orange juice, applesauce, oil, and eggs together in a bowl; stir into flour mixture until batter is just combined. Fold blueberries into batter. Spoon batter into prepared muffin cups, filling 3/4-full.
- Mix brown sugar and cinnamon together in a bowl; sprinkle over batter.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 18 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:10.72, Inflammation Score:-2, Nutrition Score:4.2965217180874%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 112.44kcal (5.62%), Fat: 2.74g (4.21%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 18.55g (6.74%), Sugar: 11.92g (13.25%), Cholesterol: 13.64mg (4.55%), Sodium: 170.64mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Manganese: 0.3mg (15.23%), Selenium: 5.92µg (8.46%), Fiber: 2.08g (8.34%), Vitamin C: 6.47mg (7.84%), Phosphorus: 69.87mg (6.99%), Vitamin B1: 0.09mg (6.34%), Calcium: 54.68mg (5.47%), Magnesium: 20.36mg (5.09%), Iron: 0.85mg (4.72%), Folate: 18.07µg (4.52%), Vitamin B2: 0.06mg (3.82%), Vitamin B3: 0.76mg (3.8%), Copper: 0.07mg (3.51%), Vitamin K: 3.18µg (3.03%), Zinc: 0.4mg (2.65%), Vitamin E: 0.32mg (2.13%), Potassium: 72.89mg (2.08%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.02mg (1.21%), Vitamin A: 50.57IU (1.01%)