



Breakfast Muffins topped with NUTELLA®

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 eggs
- 1 cup flour all-purpose
- 0.3 cup honey
- 0.8 cup milk 2% low fat (or less M. F.)
- 0.8 cup nutella
- 0.3 cup quick-cooking rolled oats

- 1 cup raspberries fresh
- 0.8 cup apple sauce unsweetened
- 1 teaspoon vanilla extract pure
- 0.8 cup flour whole wheat

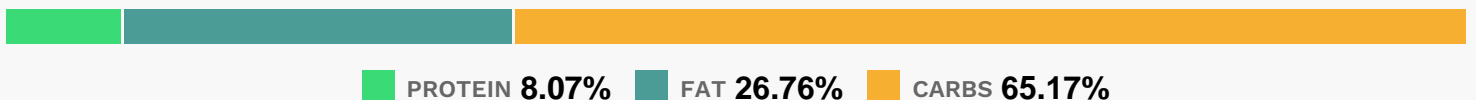
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 12 muffin, non-stick muffin tin with cooking spray.
- In a large bowl, whisk together flours, oats, baking powder and baking soda. In another bowl, whisk together milk, applesauce, honey, egg and vanilla.
- Add wet ingredients to dry ingredients and mix just to combine. Fold in raspberries and spoon batter equally between the 12 muffins.
- Bake muffins for 19 to 20 minutes or until a toothpick inserted in the center of the muffin comes out clean.
- Let muffins cool completely.
- Slice the muffin open and spread with 1 tablespoon of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:12.79, Inflammation Score:-3, Nutrition Score:7.6139130022215%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 216.54kcal (10.83%), Fat: 6.54g (10.07%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 32.77g (11.92%), Sugar: 18.67g (20.74%), Cholesterol: 14.38mg (4.79%), Sodium: 146.31mg (6.36%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.44g (8.88%), Manganese: 0.69mg (34.51%), Selenium: 10.97µg (15.68%), Fiber: 3.09g (12.35%), Phosphorus: 107.98mg (10.8%), Vitamin B1: 0.16mg (10.77%), Iron: 1.89mg (10.49%), Vitamin B2: 0.15mg (8.62%), Magnesium: 34.27mg (8.57%), Copper: 0.16mg (7.93%), Vitamin E: 1.15mg (7.69%), Folate: 30.25µg (7.56%), Calcium: 68.95mg (6.9%), Vitamin B3: 1.18mg (5.91%), Potassium: 179.86mg (5.14%), Zinc: 0.69mg (4.63%), Vitamin B6: 0.08mg (3.93%), Vitamin C: 2.81mg (3.4%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.24µg (1.57%), Vitamin K: 1.47µg (1.4%), Vitamin A: 57.67IU (1.15%)