



Brown Sugar Instant Oatmeal Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 packets maple and brown sugar oatmeal instant
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 1 eggs beaten
- 1.8 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup milk

- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 0.3 cup sugar white

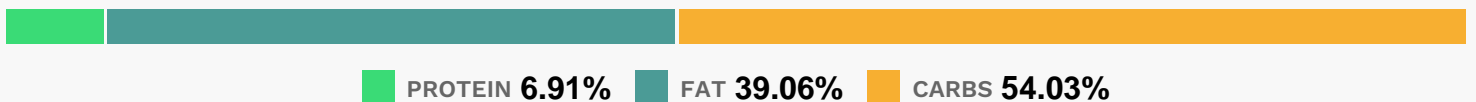
Equipment

- bowl
- oven
- wire rack
- blender
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups.
- Combine 3 tablespoons flour, brown sugar, and cinnamon in a small bowl. Use a pastry blender or two knives to cut in the butter until the mixture resembles coarse crumbs. Reserve.
- Combine 1 3/4 cup flour, white sugar, baking powder, salt, and the instant oatmeal in a large bowl. Make a well in the center of the flour mixture; pour in the egg, milk, and oil. Stir just until moistened. Spoon batter into prepared muffin cups, filling each 2/3 full. Evenly sprinkle streusel topping over muffins.
- Bake in preheated oven until toothpick inserted in center of muffin comes out clean, about 15 minutes. Cool on wire rack for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:14.47, Inflammation Score:-2, Nutrition Score:4.3713043668996%

Nutrients (% of daily need)

Calories: 174.55kcal (8.73%), Fat: 7.63g (11.74%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 23.23g (8.45%), Sugar: 9.66g (10.73%), Cholesterol: 21.1mg (7.03%), Sodium: 148.36mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Selenium: 7.79µg (11.13%), Vitamin B1: 0.16mg (10.41%), Folate: 35.19µg (8.8%), Vitamin K: 8.66µg (8.24%), Vitamin B2: 0.14mg (8.04%), Calcium: 72.66mg (7.27%), Manganese: 0.14mg (6.79%), Phosphorus: 62.8mg (6.28%), Iron: 1.01mg (5.63%), Vitamin B3: 1.11mg (5.53%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.15µg (2.44%), Vitamin A: 111.17IU (2.22%), Vitamin B5: 0.22mg (2.19%), Fiber: 0.52g (2.06%), Vitamin D: 0.3µg (1.98%), Magnesium: 7.43mg (1.86%), Zinc: 0.26mg (1.75%), Potassium: 60.27mg (1.72%), Copper: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.4%)