



Buttermilk Oatmeal Muffins

 Vegetarian

READY IN



75 min.

SERVINGS



24

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 cups quick-cooking oats
- ☐ 1 teaspoon salt

Equipment

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

Directions

- ☐ Mix oats and buttermilk in a large bowl; allow to rest for 15 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 24 muffin cups or line with paper liners.
- ☐ Combine eggs, brown sugar, and butter in a small bowl; stir into oat mixture.
- ☐ Mix flour, baking powder, baking soda, cinnamon, and salt in another bowl; stir into oat mixture until just moistened. Fill prepared muffin cups about 3/4 full.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 15 to 18 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:8.72, Inflammation Score:-2, Nutrition Score:4.5878260913103%

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 5.41g (8.33%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 21.75g (7.91%), Sugar: 10.01g (11.12%), Cholesterol: 26.01mg (8.67%), Sodium: 237.43mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.38mg (19.21%), Selenium: 7.86µg (11.22%), Vitamin B1: 0.13mg (8.63%), Phosphorus: 75.31mg (7.53%), Vitamin B2: 0.11mg (6.61%), Folate: 24.19µg

(6.05%), Magnesium: 24.04mg (6.01%), Calcium: 59.02mg (5.9%), Iron: 0.98mg (5.43%), Fiber: 0.96g (3.85%), Vitamin B3: 0.7mg (3.52%), Vitamin A: 171.23IU (3.42%), Zinc: 0.42mg (2.81%), Copper: 0.05mg (2.62%), Vitamin B5: 0.24mg (2.43%), Potassium: 81.17mg (2.32%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.13µg (2.21%), Vitamin E: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.44%)