



HEALTH SCORE

76%

## Caramel-Apple Muffins



Vegetarian



Dairy Free



Very Healthy

READY IN



34 min.

SERVINGS



1

CALORIES



6128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 3 pound apples (12 to 14 apples)
- ☐ 1 teaspoon baking soda
- ☐ 3 large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2.5 cups pecans divided toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

## Equipment

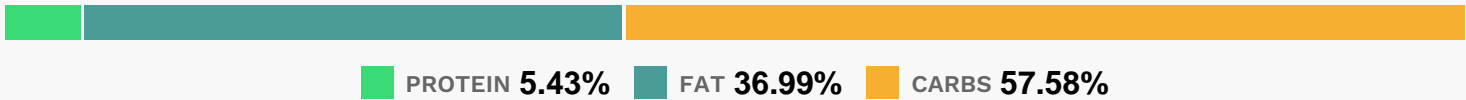
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ baking pan
- ☐ wooden spoon
- ☐ muffin tray

## Directions

- ☐ Peel, core, and cut 4 apples into 24 (1/4-inch-thick) rings. Saut apple rings, in batches, in a lightly greased skillet over medium heat 1 to 2 minutes on each side or until lightly browned.
- ☐ Remove from skillet, and place 1 apple ring in the bottom of each of 24 lightly greased muffin pan cups.
- ☐ Peel and finely chop enough remaining apples to equal 3 cups. Set aside.
- ☐ Stir together sugar and next 3 ingredients in a large bowl.
- ☐ Stir together flour and next 3 ingredients; add to sugar mixture, stirring just until blended. (Batter will be stiff.) Fold in finely chopped apples and 1 cup pecans.
- ☐ Spoon batter evenly over apple rings in muffin pan cups, filling cups three-quarters full.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove muffins from pan, and cool, apple rings up, on a wire rack.
- ☐ Press the handle of a wooden spoon gently into the center of each apple ring, forming a 1-inch-deep indentation in the muffins. Spoon warm Quick Caramel Frosting evenly over muffins, filling indentations.
- ☐ Sprinkle evenly with remaining 1 1/2 cups chopped pecans.

- ☐ Caramel–Apple Coffee Cakes: Omit apple rings, and prepare apple muffin batter as directed. Divide batter evenly between 2 greased and floured 8–inch round baking pans.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool on wire racks. Spoon warm Quick Caramel Frosting evenly over coffee cakes; sprinkle evenly with remaining 1 1/2 cups pecans. Makes 16 servings. Prep: 20 min.,
- ☐ Bake: 50 min.
- ☐ Apple Bread: Omit apple rings, Quick Caramel Frosting, and 1 1/2 cups pecans on top. Prepare apple muffin batter as directed. Divide batter evenly between 2 greased and floured 9– x 5–inch loaf pans.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool on wire racks. Makes 2 (9–inch) loaves. Prep: 20 min.,
- ☐ Bake: 1 hr.

## Nutrition Facts



## Properties

Glycemic Index:192.09, Glycemic Load:537.14, Inflammation Score:-10, Nutrition Score:79.192174496858%

## Flavonoids

Cyanidin: 50.63mg, Cyanidin: 50.63mg, Cyanidin: 50.63mg, Cyanidin: 50.63mg Delphinidin: 19.84mg, Delphinidin: 19.84mg, Delphinidin: 19.84mg, Delphinidin: 19.84mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 37.42mg, Catechin: 37.42mg, Catechin: 37.42mg, Catechin: 37.42mg Epigallocatechin: 18.88mg, Epigallocatechin: 18.88mg, Epigallocatechin: 18.88mg, Epigallocatechin: 18.88mg Epicatechin: 104.7mg, Epicatechin: 104.7mg, Epicatechin: 104.7mg, Epicatechin: 104.7mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 8.85mg, Epigallocatechin 3–gallate: 8.85mg, Epigallocatechin 3–gallate: 8.85mg, Epigallocatechin 3–gallate: 8.85mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 54.57mg, Quercetin: 54.57mg, Quercetin: 54.57mg, Quercetin: 54.57mg

## Nutrients (% of daily need)

Calories: 6128.42kcal (306.42%), Fat: 261.39g (402.13%), Saturated Fat: 29.16g (182.26%), Carbohydrates: 915.54g (305.18%), Net Carbohydrates: 844.48g (307.08%), Sugar: 554.21g (615.78%), Cholesterol: 558mg (186%), Sodium: 2496.37mg (108.54%), Alcohol: 2.75g (100%), Alcohol %: 0.12% (100%), Protein: 86.33g (172.66%), Manganese:

16.07mg (803.72%), Vitamin B1: 5.04mg (335.69%), Fiber: 71.07g (284.27%), Selenium: 186.07µg (265.81%), Copper: 4.33mg (216.68%), Folate: 857.76µg (214.44%), Vitamin B2: 3.33mg (195.96%), Iron: 29.11mg (161.74%), Phosphorus: 1609.55mg (160.96%), Vitamin B3: 26.77mg (133.83%), Magnesium: 501.65mg (125.41%), Zinc: 17.57mg (117.16%), Vitamin K: 122.48µg (116.65%), Potassium: 3218.85mg (91.97%), Vitamin C: 65.75mg (79.69%), Vitamin E: 11.72mg (78.16%), Vitamin B6: 1.56mg (77.93%), Vitamin B5: 7.14mg (71.41%), Calcium: 458.33mg (45.83%), Vitamin A: 1709.22IU (34.18%), Vitamin B12: 1.34µg (22.25%), Vitamin D: 3µg (20%)