



Caramelized Oatmeal Raisin Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.7 cup brown sugar divided
- ☐ 0.3 cup butter
- ☐ 1 eggs lightly beaten
- ☐ 1 cup evaporated milk
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1.3 cups raisins
- ☐ 0.3 cup rolled oats
- ☐ 0.7 cup water
- ☐ 2 teaspoons wheat germ

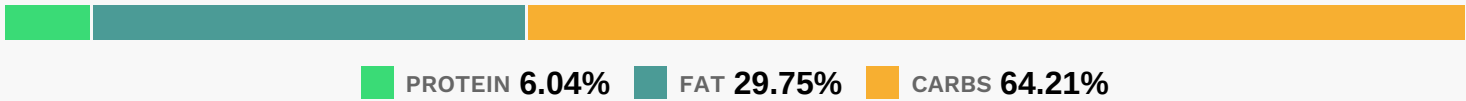
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a muffin pan, or use paper liners.
- ☐ Heat butter in a skillet over medium heat. Cook 2/3 cup oats, 1/3 cup brown sugar, cinnamon and allspice until golden brown. Stir in 2/3 cup water and remaining 1/3 cup brown sugar. Cook until slightly thickened.
- ☐ Remove from heat and allow to cool.
- ☐ In a large bowl, combine flour, 1/3 cup uncooked oats, baking powder and wheat germ.
- ☐ Whisk together egg and evaporated milk. Make a well in the center of flour mixture, and pour in egg mixture and cooked oatmeal.
- ☐ Mix just until combined. Dredge raisins in 1 tablespoon flour, then fold into batter. Spoon into muffin cups.
- ☐ Bake in preheated oven for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:8, Inflammation Score:-2, Nutrition Score:4.062608682591%

Nutrients (% of daily need)

Calories: 173.96kcal (8.7%), Fat: 6.03g (9.28%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 27.9g (10.14%), Sugar: 14.01g (15.56%), Cholesterol: 29.9mg (9.97%), Sodium: 208mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Calcium: 153.42mg (15.34%), Phosphorus: 104.2mg (10.42%), Manganese: 0.17mg (8.5%), Vitamin B2: 0.12mg (7.15%), Potassium: 230.19mg (6.58%), Fiber: 1.4g (5.58%), Iron: 0.9mg (4.99%), Selenium: 2.9µg (4.14%), Magnesium: 15.72mg (3.93%), Vitamin A: 188.52IU (3.77%), Copper: 0.07mg (3.7%), Vitamin B1: 0.05mg (3.2%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.36mg (2.37%), Folate: 6.5µg (1.63%), Vitamin B3: 0.31mg (1.57%), Vitamin C: 1.29mg (1.56%), Vitamin E: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.24%)