



Cheesecake Stuffed Apple Muffins with Streusel Topping and Caramel Sauce

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



12

CALORIES



438 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups apples cored peeled cut into bite sized pieces
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons cinnamon
- ☐ 1 teaspoon coarse salt

- ☐ 4 ounces cream cheese room temperature
- ☐ 0.5 eggs
- ☐ 1 eggs
- ☐ 0.5 cup flour
- ☐ 1 cup flour
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup oil
- ☐ 0.3 cup old fashioned oats
- ☐ 0.8 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 3 tablespoons butter unsalted room temperature
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vanilla yogurt
- ☐ 0.3 cup water
- ☐ 0.8 cup flour whole wheat

Equipment

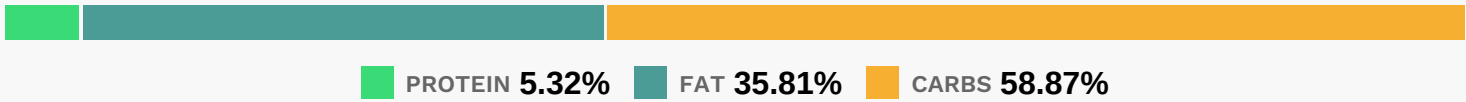
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ wooden spoon

☐ muffin tray

Directions

- ☐ Beat the sugar into the cream cheese until smooth.Beat in the egg followed by the vanilla extract.
- ☐ Cut the butter into the flour, sugar, cinnamon and rolled oats until combined and crumbly.
- ☐ Mix the brown sugar, yogurt, apple sauce, oil and egg in a large bowl.
- ☐ Mix the flours, rolled oats, baking powder, baking soda, cinnamon and salt in another large bowl.
- ☐ Mix the wet and dry ingredients along with the apples.Spoon half of the mixture greased muffin pan, add a tablespoon of the cream cheese mixture to each muffin hole, top with the remaining batter and sprinkle the streusel mixture on top.
- ☐ Bake in a preheated 375F/190C oven until a toothpick pushed into the center comes out clean, about 15–25 minutes.
- ☐ Remove from oven and let cool.
- ☐ Heat the sugar and water in a sauce pan over medium heat and simmer it until it turns a medium amber colour.
- ☐ Remove from heat and carefully pour in the heavy cream.Return to heat and cook until smooth, stirring with a wooden spoon.Stir in the butter.Allow the sauce to cool for a few minutes and stir in the vanilla extract and salt.
- ☐ Let cool and serve over the apple muffins.

Nutrition Facts



Properties

Glycemic Index:50.1, Glycemic Load:24.3, Inflammation Score:-5, Nutrition Score:9.3034782202347%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate:

0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 438.07kcal (21.9%), Fat: 17.85g (27.46%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 66.02g (22.01%), Net Carbohydrates: 63.29g (23.01%), Sugar: 42.53g (47.25%), Cholesterol: 54.52mg (18.17%), Sodium: 416.34mg (18.1%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 5.97g (11.94%), Manganese: 0.75mg (37.55%), Selenium: 15.87µg (22.67%), Vitamin B1: 0.21mg (14.06%), Phosphorus: 138.67mg (13.87%), Vitamin B2: 0.21mg (12.41%), Calcium: 115.19mg (11.52%), Fiber: 2.73g (10.91%), Folate: 40.91µg (10.23%), Iron: 1.71mg (9.48%), Vitamin A: 470.77IU (9.42%), Vitamin E: 1.34mg (8.93%), Magnesium: 31.39mg (7.85%), Vitamin B3: 1.46mg (7.31%), Zinc: 0.85mg (5.69%), Copper: 0.11mg (5.53%), Potassium: 189.96mg (5.43%), Vitamin K: 5.23µg (4.98%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.09mg (4.45%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.36µg (2.37%), Vitamin C: 1.26mg (1.52%)