



## Cherry Vanilla Chip Muffins

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apple sauce
- 0.8 teaspoon double-acting baking powder
- 1 banana peeled mashed
- 0.5 cup cherries dried
- 0.5 cup egg substitute
- 0.5 cup vanilla baking chips
- 2 cups rice flour white
- 0.3 teaspoon salt

- 0.8 cup vanilla soy milk
- 1 tablespoon sucanat
- 2 tablespoons vegetable oil

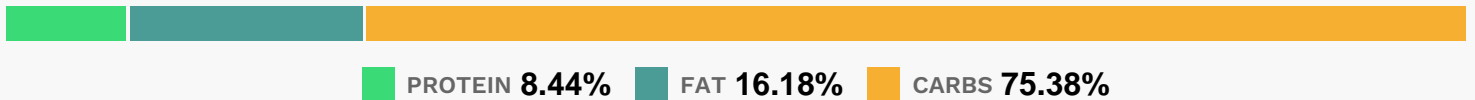
## Equipment

- bowl
- oven
- muffin tray

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Lightly grease or line a 12-cup muffin tin with paper liners.
- In a large bowl blend the banana, egg substitute, soy milk, oil and applesauce together. Stir in the rice flour, sucanat, baking powder and salt.
- Mix until just moistened then stir in the dried cherries and vanilla chips.
- Pour batter into the prepared muffin tin, filling each cup 2/3 full.
- Bake at 400 degrees F (205 degrees C) for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.68, Glycemic Load:15.4, Inflammation Score:-3, Nutrition Score:5.1426086840422%

## Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 187.24kcal (9.36%), Fat: 2.99g (4.59%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 29.77g (10.83%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 104.14mg (4.53%), Alcohol: 2.98g (100%), Alcohol %: 4.26% (100%), Protein: 3.51g (7.01%), Manganese: 0.37mg (18.51%), Selenium: 8.63µg

(12.32%), Vitamin B6: 0.2mg (10.25%), Vitamin B3: 1.3mg (6.51%), Fiber: 1.54g (6.17%), Vitamin B2: 0.09mg (5.41%), Vitamin A: 269IU (5.38%), Calcium: 51.85mg (5.19%), Vitamin E: 0.77mg (5.14%), Vitamin B1: 0.06mg (4.31%), Vitamin B5: 0.42mg (4.24%), Phosphorus: 42.01mg (4.2%), Vitamin K: 4.29µg (4.08%), Magnesium: 14.92mg (3.73%), Copper: 0.07mg (3.59%), Potassium: 118.27mg (3.38%), Vitamin B12: 0.19µg (3.22%), Iron: 0.54mg (2.98%), Vitamin C: 2.07mg (2.51%), Zinc: 0.37mg (2.5%), Folate: 9.66µg (2.41%), Vitamin D: 0.34µg (2.25%)