



Choco Chip-Applesauce Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups corn flakes/bran flakes
- 1.3 cups flour all-purpose
- 0.3 cup brown sugar light packed
- 1 teaspoon double-acting baking powder
- 1 teaspoon ground cinnamon
- 0.8 teaspoon baking soda
- 1 cup apple sauce
- 0.3 cup milk
- 3 tablespoons vegetable oil

- 1 eggs
- 0.5 cup chocolate chips miniature

Equipment

- bowl
- oven
- ziploc bags
- muffin liners
- rolling pin

Directions

- Heat oven to 400°F.
- Place paper baking cups in each of 12 regular-size muffin cups or spray bottoms only with cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag. Using rolling pin, crush cereal; pour into large bowl.
- Add flour, brown sugar, baking powder, cinnamon and baking soda; mix well. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
- Bake 18 to 22 minutes or until golden brown. Immediately remove from muffin cups. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.52, Glycemic Load:10.39, Inflammation Score:-4, Nutrition Score:7.1773913450863%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 178.63kcal (8.93%), Fat: 6.01g (9.24%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 27.21g (9.89%), Sugar: 14.15g (15.72%), Cholesterol: 15.58mg (5.19%), Sodium: 155.01mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Manganese: 0.37mg (18.31%), Folate: 70.7µg (17.67%), Iron: 2.77mg (15.38%), Vitamin B1: 0.2mg (13.3%), Selenium: 9.31µg (13.3%), Vitamin B2: 0.19mg (11.17%), Vitamin B3: 1.92mg (9.59%), Fiber: 2.09g (8.35%), Vitamin B6: 0.14mg (6.88%), Vitamin B12: 0.4µg (6.71%), Phosphorus: 66.77mg (6.68%), Vitamin K: 6.57µg (6.26%), Magnesium: 20.73mg (5.18%), Calcium: 51.12mg (5.11%), Vitamin A: 220.63IU (4.41%), Zinc: 0.51mg (3.4%), Copper: 0.06mg (3.19%), Vitamin E: 0.42mg (2.77%), Potassium: 88.65mg (2.53%), Vitamin D: 0.37µg (2.45%), Vitamin B5: 0.21mg (2.13%)