



Chocolate Chip Oatmeal Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter softened
- 0.8 cup brown sugar packed
- 1 large eggs
- 1 cup flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon salt
- 0.8 cup apple sauce
- 1 cup rolled oats

1 cup semi chocolate chips

Equipment

bowl

oven

muffin liners

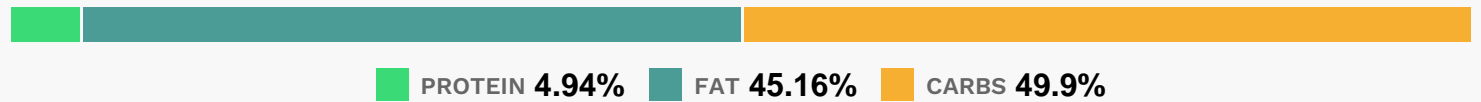
Directions

In a large bowl, cream butter and sugar. Beat in egg.

Combine dry ingredients; add alternately with applesauce to the creamed mixture. Stir in oats and chips. Fill paper-lined muffin cups three-fourths full.

Bake at 350° for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:7.39, Inflammation Score:-4, Nutrition Score:6.3482608743336%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 282.98kcal (14.15%), Fat: 14.37g (22.11%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 33.39g (12.14%), Sugar: 20.39g (22.66%), Cholesterol: 36.74mg (12.25%), Sodium: 179.58mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.53g (7.07%), Manganese: 0.53mg (26.45%), Copper: 0.24mg (12.11%), Selenium: 8.33µg (11.9%), Iron: 1.96mg (10.91%), Magnesium: 40.49mg (10.12%), Phosphorus: 97.09mg (9.71%), Fiber: 2.33g (9.33%), Vitamin B1: 0.12mg (8.25%), Folate: 24.06µg (6.02%), Vitamin B2: 0.1mg (5.65%), Vitamin A: 270.79IU (5.42%), Zinc: 0.79mg (5.25%), Calcium: 50.62mg (5.06%), Potassium: 158.32mg (4.52%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.65%), Vitamin K: 2µg (1.9%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.08µg (1.34%)