



Cinnamon-Apple Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2.3 cups flour all-purpose
- ☐ 1.5 cups apples i use 2 granny smith apples peeled finely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup buttermilk low-fat

- ☐ 0.3 cup milk 2% low-fat
- ☐ 0.3 cup ricotta cheese light
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 3 tablespoons vegetable oil

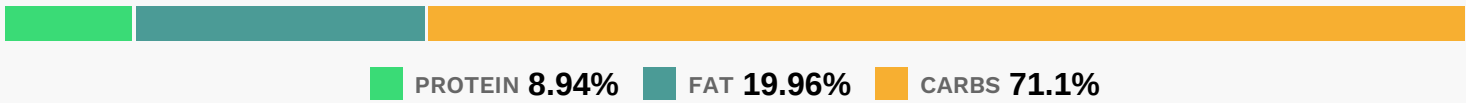
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a large bowl. Stir in apple, and make a well in center of mixture.
- ☐ Combine buttermilk and next 6 ingredients (buttermilk through egg); stir well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Spoon batter into 18 muffin cups coated with cooking spray.
- ☐ Combine 3 tablespoons sugar and 2 teaspoons cinnamon; sprinkle evenly over batter.
- ☐ Bake at 400 for 18 minutes or until done.
- ☐ Remove from pans immediately; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.62, Glycemic Load:18.69, Inflammation Score:-2, Nutrition Score:4.1069565078487%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 158.98kcal (7.95%), Fat: 3.54g (5.44%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 27.56g (10.02%), Sugar: 15.21g (16.9%), Cholesterol: 13.43mg (4.48%), Sodium: 232.04mg (10.09%), Alcohol: 0.25g (100%), Alcohol %: 0.43% (100%), Protein: 3.57g (7.13%), Selenium: 8.19µg (11.7%), Vitamin B1: 0.14mg (9.2%), Vitamin B2: 0.15mg (8.85%), Folate: 32.74µg (8.18%), Manganese: 0.16mg (7.86%), Calcium: 77mg (7.7%), Phosphorus: 63.11mg (6.31%), Iron: 0.94mg (5.22%), Vitamin B3: 1mg (4.98%), Vitamin K: 4.59µg (4.37%), Fiber: 0.81g (3.23%), Potassium: 72.63mg (2.08%), Zinc: 0.29mg (1.93%), Magnesium: 7.72mg (1.93%), Vitamin B5: 0.19mg (1.9%), Vitamin E: 0.26mg (1.74%), Copper: 0.03mg (1.69%), Vitamin B12: 0.1µg (1.66%), Vitamin B6: 0.03mg (1.3%), Vitamin A: 56.55IU (1.13%)