



Cinnamon-Applesauce Muffins

 Vegetarian

READY IN



20 min.

SERVINGS



60

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup milk fat-free
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.8 cups self-rising flour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 2 tablespoons vegetable oil

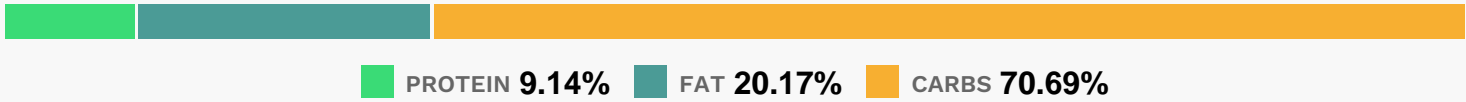
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a medium bowl. Make a well in center of mixture.
- ☐ Combine applesauce and next 3 ingredients; add to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Spoon batter evenly into muffin pans coated with cooking spray, filling three-fourths full.
- ☐ Bake at 400 for 15 minutes or until golden.
- ☐ Remove from pans immediately.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.5156521776934%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 26.31kcal (1.32%), Fat: 0.59g (0.91%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.97g (2.19%), Cholesterol: 2.79mg (0.93%), Sodium: 2.01mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Selenium: 1.73µg (2.47%), Manganese: 0.04mg (1.92%)