



Cinnamon Streusel Muffins

 Dairy Free

READY IN



15 min.

SERVINGS



100

CALORIES



21 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apples dried roughly chopped
- ☐ 15.2 oz corn muffin mix
- ☐ 0.5 cup golden raisins

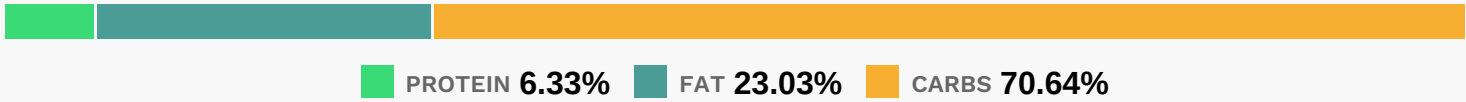
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Prepare muffin mix according to package directions, stirring dried apple pieces and golden raisins into batter.
- ☐ Place foil baking cups in muffin pans. Spoon batter into cups, filling two-thirds full.
- ☐ Bake and cool muffins according to package directions.
- ☐ Note: For testing purposes only, we used Betty Crocker Cinnamon Streusel Premium Muffin Mix.

Nutrition Facts



Properties

Glycemic Index:0.89, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.50913043384967%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 20.53kcal (1.03%), Fat: 0.53g (0.82%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.37g (1.52%), Cholesterol: 0.09mg (0.03%), Sodium: 35.3mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Phosphorus: 21.97mg (2.2%), Fiber: 0.32g (1.3%), Vitamin B1: 0.02mg (1.24%), Folate: 4.05µg (1.01%)