

Date Oat Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup apple sauce
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 0.5 cup dates pitted chopped
- 2 egg whites
- 1 cup flour all-purpose

- 1 cup milk
- 1 cup rolled oats
- 0.5 teaspoon salt

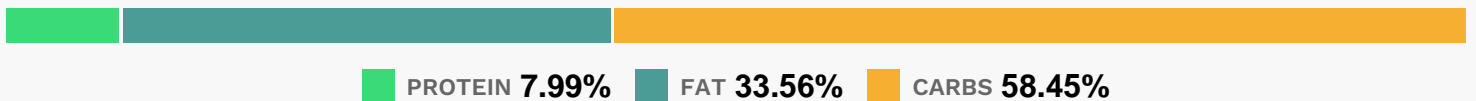
Equipment

- bowl
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a muffin pan or line with paper muffin liners.
- In a large bowl, sift together flour, baking powder, baking soda and salt. Stir in the oats, milk, sugar, egg whites, butter, applesauce and dates; mix just to combine. Spoon batter into prepared muffin cups.
- Bake at 350 degrees F (175 degrees C) for 30 minutes or until a toothpick inserted into a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:4.7108695053536%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 166.52kcal (8.33%), Fat: 6.34g (9.76%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 23.35g (8.49%), Sugar: 11.4g (12.67%), Cholesterol: 16mg (5.33%), Sodium: 272.28mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Manganese: 0.34mg (16.96%), Selenium: 7.21µg (10.3%), Vitamin B1: 0.13mg (8.62%), Phosphorus: 80.66mg (8.07%), Calcium: 78.85mg (7.88%), Vitamin B2: 0.12mg (7.04%), Fiber: 1.51g (6.04%), Folate: 22.99µg (5.75%), Iron: 0.97mg (5.38%), Magnesium: 18.25mg (4.56%), Vitamin B3: 0.81mg (4.04%), Vitamin A: 192.6IU (3.85%), Potassium: 127.99mg (3.66%), Copper: 0.06mg (2.99%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.13µg (2.08%), Vitamin B6: 0.04mg (1.91%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.2mg (1.35%)