



Deliciously Moist Pineapple Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons oat bran
- ☐ 14 ounce pineapple in juice crushed canned
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons wheat germ
- ☐ 1.5 cups sugar white

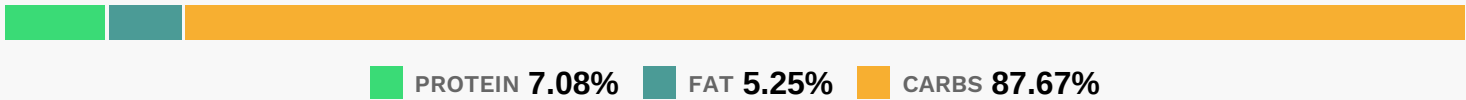
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 18 muffin cups with paper liners.
- ☐ Mix flour, sugar, wheat germ, oat bran, baking soda, and salt together in a large mixing bowl.
- ☐ Add eggs and pineapple; stir until just combined. Fold in coconut.
- ☐ Pour batter into lined muffin cups to about 2/3 full.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.09, Glycemic Load:19.76, Inflammation Score:-1, Nutrition Score:3.8173912945001%

Nutrients (% of daily need)

Calories: 141.18kcal (7.06%), Fat: 0.85g (1.31%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 31.07g (11.3%), Sugar: 19.86g (22.06%), Cholesterol: 18.19mg (6.06%), Sodium: 133.14mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Manganese: 0.27mg (13.54%), Vitamin B1: 0.16mg (10.95%), Selenium: 7.62µg (10.89%), Folate: 31.39µg (7.85%), Vitamin B2: 0.11mg (6.2%), Iron: 0.93mg (5.15%), Vitamin B3: 0.94mg (4.72%), Phosphorus: 43.43mg (4.34%), Fiber: 1g (3.98%), Magnesium: 12.27mg (3.07%), Copper: 0.06mg (2.99%), Vitamin C: 2.07mg (2.51%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.31mg (2.07%), Potassium: 64.05mg (1.83%), Vitamin B5: 0.17mg (1.74%)