



Double Oat Raisin Poppyseed Muffins

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 0.3 teaspoon orange zest grated
- ☐ 0.3 cup poppy seeds

- ☐ 0.3 cup raisins
- ☐ 2 cups rolled oats
- ☐ 0.8 cup sugar white

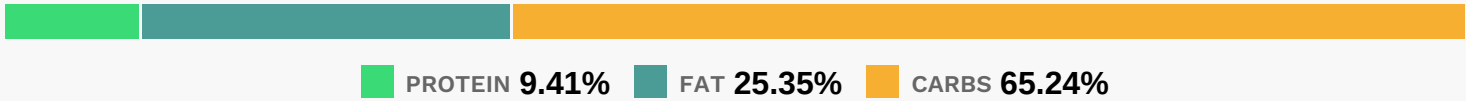
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease 6 muffin cups or line with paper muffin liners.
- ☐ In a mixing bowl, mix flour, baking powder, nutmeg, sugar, and orange peel. In a separate bowl, mix eggs, margarine, and milk.
- ☐ Stir flour mixture into the wet ingredients until just moist. Stir in raisins, poppy seeds, and oats; mix well. Spoon batter into prepared muffin pan; fill muffin cups about 3/4 full.
- ☐ Bake in preheated oven for 20 minutes, until a toothpick inserted into center of muffin comes out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:83.15, Glycemic Load:50.41, Inflammation Score:-6, Nutrition Score:17.627391491247%

Nutrients (% of daily need)

Calories: 504.7kcal (25.23%), Fat: 14.41g (22.17%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 83.44g (27.81%), Net Carbohydrates: 78.33g (28.48%), Sugar: 27.49g (30.55%), Cholesterol: 79.78mg (26.59%), Sodium: 279.26mg

(12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Manganese: 1.57mg (78.51%), Selenium: 28.06µg (40.09%), Vitamin B1: 0.52mg (34.88%), Phosphorus: 305.69mg (30.57%), Calcium: 240.89mg (24.09%), Folate: 95.76µg (23.94%), Vitamin B2: 0.39mg (23.18%), Iron: 4.1mg (22.79%), Fiber: 5.11g (20.43%), Magnesium: 70.18mg (17.55%), Vitamin B3: 2.93mg (14.63%), Copper: 0.27mg (13.28%), Zinc: 1.98mg (13.23%), Vitamin B5: 0.89mg (8.89%), Potassium: 307.03mg (8.77%), Vitamin A: 381.88IU (7.64%), Vitamin B12: 0.37µg (6.1%), Vitamin B6: 0.12mg (5.87%), Vitamin D: 0.74µg (4.94%), Vitamin E: 0.61mg (4.04%), Vitamin K: 1.49µg (1.42%)