



## Easy Brown Sugar Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 cup canola oil
- 2 eggs
- 3.5 cups flour all-purpose
- 1.5 cups milk
- 0.5 teaspoon salt
- 0.7 cup sugar white

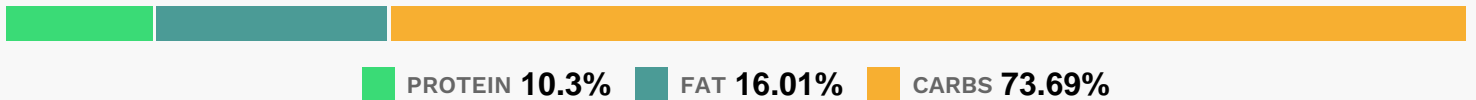
### Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper liners.
- Mix flour, baking powder, and salt together in a bowl.
- Beat eggs, milk, white sugar, and canola oil together in a separate bowl; mix into flour mixture until just combined into a batter.
- Pour batter into prepared muffin cups to about 1/4 full. Top each batter portion with a generous pinch of brown sugar and a sprinkle of cinnamon; top with remaining batter to about 2/3 full.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 15 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:11.46, Glycemic Load:14.38, Inflammation Score:-2, Nutrition Score:3.6730434894562%

## Nutrients (% of daily need)

Calories: 110.74kcal (5.54%), Fat: 1.97g (3.03%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 19.87g (7.23%), Sugar: 6.34g (7.05%), Cholesterol: 15.47mg (5.16%), Sodium: 130.54mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Selenium: 7.63µg (10.9%), Vitamin B1: 0.15mg (10.21%), Folate: 35.08µg (8.77%), Vitamin B2: 0.13mg (7.58%), Manganese: 0.13mg (6.32%), Calcium: 62.8mg (6.28%), Phosphorus: 56.96mg (5.7%), Iron: 0.99mg (5.48%), Vitamin B3: 1.1mg (5.48%), Fiber: 0.49g (1.97%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.12µg (1.92%), Magnesium: 6.46mg (1.62%), Vitamin D: 0.24µg (1.61%), Zinc: 0.24mg (1.59%), Copper: 0.03mg (1.48%), Vitamin E: 0.22mg (1.47%), Potassium: 47.69mg (1.36%), Vitamin B6: 0.02mg (1.18%)