



WHATSheATE



Eggless Apple Raisin Muffins



Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 cup apples grated
- ☐ 1 Tsp n baking soda
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 inch p cinnamon
- ☐ 0.3 cup granulated sugar
- ☐ 1 inch p nutmeg

- ☐ 0.5 cup raisins
- ☐ 0.8 cup walnuts chopped
- ☐ 0.3 cup water

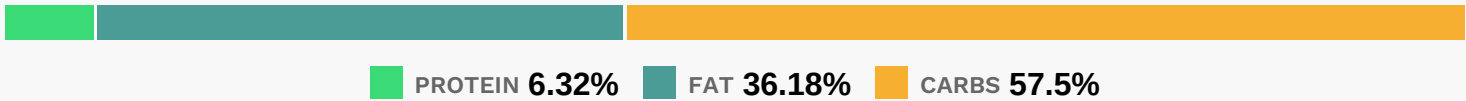
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mini muffin tray

Directions

- ☐ Combine all 'Ingredients-A' in a sauce pan and bring it to a boil.
- ☐ Remove from heat and cool completely.
- ☐ Combine all 'Ingredients-B' in a large bowl.
- ☐ Add the cooled mixture to it and stir until blended.Fill them in lined mini muffin tins and bake for 15 minutes at 350F.

Nutrition Facts



Properties

Glycemic Index:15.87, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:2.7008695748189%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 107.48kcal (5.37%), Fat: 4.45g (6.85%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.03g (5.47%), Sugar: 4.98g (5.53%), Cholesterol: 5.08mg (1.69%), Sodium: 69.62mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Manganese: 0.22mg (10.79%), Vitamin B1: 0.1mg (6.59%), Folate: 23.02µg (5.76%), Selenium: 3.79µg (5.42%), Copper: 0.09mg (4.29%), Iron: 0.7mg (3.87%), Vitamin B2: 0.06mg (3.83%), Fiber: 0.89g (3.55%), Vitamin B3: 0.7mg (3.49%), Phosphorus: 27.51mg (2.75%), Magnesium: 9.61mg (2.4%), Potassium: 61.75mg (1.76%), Vitamin B6: 0.03mg (1.66%), Zinc: 0.2mg (1.32%), Vitamin A: 62.8IU (1.26%)