



Fiber One™ Applesauce Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 15.3 oz corn muffin mix
- ☐ 0.5 cup eggs fat-free
- ☐ 0.5 cup water

Equipment

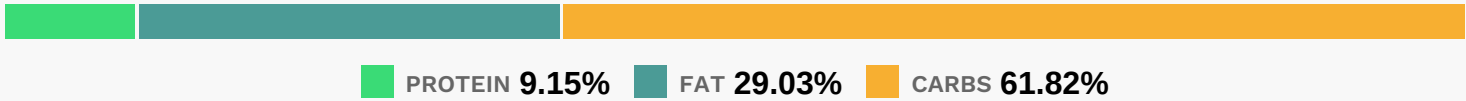
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ knife
- ☐ muffin liners

Directions

- ☐ Heat oven to 425F (or 400F for dark or nonstick pan).
- ☐ Place paper baking cups in 12 regular-size muffin cups, or grease (or use cooking spray) bottoms of muffin cups. (For best results, use paper cups.)
- ☐ In medium bowl, stir muffin mix, water, applesauce and egg product just until blended (batter may be lumpy). Divide batter among muffin cups (about 2/3 full).
- ☐ Bake 15 to 20 minutes or until golden brown and tops spring back when touched. Cool 5 minutes; carefully remove from pan (if not using paper cups, run knife around edges of cups before removing). Cool completely before storing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.7713042957627%

Flavonoids

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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 167.7kcal (8.39%), Fat: 5.38g (8.27%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 23.36g (8.5%), Sugar: 7.87g (8.74%), Cholesterol: 38.39mg (12.8%), Sodium: 310.28mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Phosphorus: 197.05mg (19.71%), Vitamin B1: 0.16mg (10.65%), Folate: 38.53µg (9.63%), Fiber: 2.41g (9.62%), Vitamin B2: 0.15mg (8.59%), Selenium: 5.15µg (7.35%), Vitamin B3: 1.22mg (6.1%), Iron: 1.09mg (6.07%), Manganese: 0.12mg (5.9%), Vitamin B5: 0.33mg (3.31%), Vitamin B6: 0.06mg (3.24%), Calcium: 26.77mg (2.68%), Magnesium: 10.14mg (2.54%), Zinc: 0.34mg (2.26%), Copper: 0.04mg (2.05%), Vitamin B12: 0.12µg (2.04%), Vitamin A: 97.72IU (1.95%), Vitamin K: 1.86µg (1.77%), Potassium: 58.58mg (1.67%), Vitamin D: 0.2µg (1.35%), Vitamin E: 0.17mg (1.15%)