



Gluten-Free Choc Chip Oatmeal Muffins

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup baking flour gluten-free all-purpose
- ☐ 1 pinch ground allspice

- ☐ 1 tablespoon ground cinnamon
- ☐ 1 cup rolled oats to taste
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips

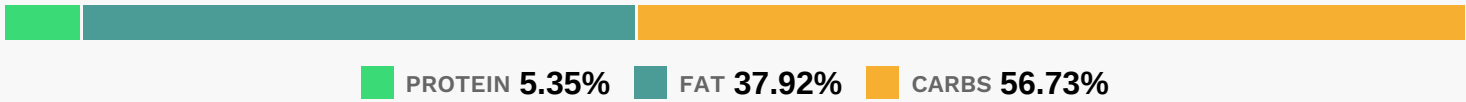
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Beat brown sugar and butter together in a bowl; add egg and beat until creamy.
- ☐ Whisk flour, cinnamon, baking powder, baking soda, salt, and allspice together in another bowl. Stir 1/2 the flour mixture into the butter mixture. Stir applesauce into butter mixture; mix well. Stir remaining 1/2 the flour mixture into butter mixture until just combined; add oats and chocolate chips.
- ☐ Pour muffin batter into prepared muffin cups.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:5.4399999082088%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 247.59kcal (12.38%), Fat: 10.74g (16.52%), Saturated Fat: 5.93g (37.06%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 32.66g (11.88%), Sugar: 21.19g (23.55%), Cholesterol: 24.71mg (8.24%), Sodium: 148.44mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 3.41g (6.82%), Manganese: 0.58mg (28.8%), Fiber: 3.48g (13.94%), Copper: 0.23mg (11.53%), Iron: 1.9mg (10.56%), Magnesium: 38.62mg (9.66%), Phosphorus: 84.41mg (8.44%), Selenium: 4.63µg (6.62%), Calcium: 61.3mg (6.13%), Zinc: 0.72mg (4.79%), Potassium: 152.16mg (4.35%), Vitamin A: 153.44IU (3.07%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.04mg (2.5%), Vitamin B5: 0.21mg (2.11%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.87µg (1.78%), Vitamin B6: 0.03mg (1.52%), Vitamin B3: 0.25mg (1.24%), Folate: 4.82µg (1.21%), Vitamin B12: 0.07µg (1.13%)