



## Gluten Free Cinnamon Apple Muffins

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 box betty crocker's cake mix gluten free yellow
- 3 eggs
- 0.5 cup water
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- 0.3 teaspoon ground cloves
- 0.5 teaspoon juice of lemon
- 3 apples i use 2 granny smith apples

2 tablespoons agave nectar

## Equipment

bowl

oven

muffin tray

## Directions

Preheat oven to to 350 degrees.

Core, peel, and chop the apples into small pieces

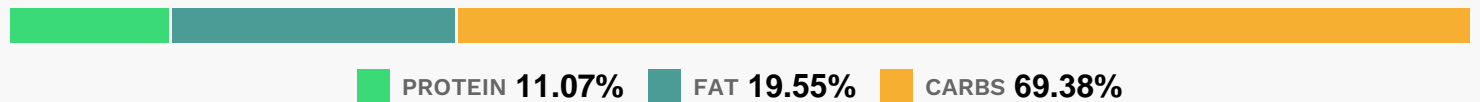
In a medium bowl, combine the apples, cinnamon, nutmeg, cloves, lemon juice, and agave.

In a large bowl, add the yellow cake mix, eggs, water, and apples. Now stir, stir, stir until very well combined.

Line a muffin tin with baking cups and fill each cup with batter.

Bake 18–23 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.17, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:2.3813043478261%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 1.21g (1.87%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.19g (2.98%), Sugar: 7.22g (8.02%), Cholesterol: 40.92mg (13.64%), Sodium: 16.92mg (0.74%), Protein: 1.55g (3.09%), Manganese: 0.17mg (8.28%), Fiber: 1.5g (6.01%), Selenium: 3.46µg (4.95%), Vitamin B2: 0.07mg (4.02%), Vitamin C: 2.8mg (3.39%), Phosphorus: 27.66mg (2.77%), Vitamin B6: 0.05mg (2.36%), Vitamin K: 2.09µg (1.99%), Vitamin B5: 0.2mg (1.99%), Folate: 7.8µg (1.95%), Potassium: 68.1mg (1.95%), Iron: 0.32mg (1.75%), Vitamin A: 86.19IU (1.72%), Vitamin E: 0.25mg (1.67%), Calcium: 16.48mg (1.65%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Copper: 0.03mg (1.31%), Zinc: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.15%), Magnesium: 4.55mg (1.14%)