



Hunnybunch's Special Apple Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 mcintosh apples peeled coarsely chopped to taste
- ☐ 0.8 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil

☐ 1 cup sugar white

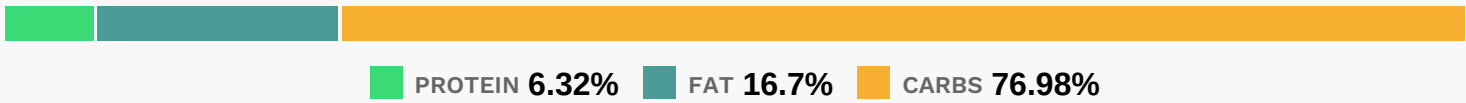
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease or line 12 muffin cups with paper liners.
- ☐ Beat sugar and oil together in a bowl using an electric mixer until smooth, about 2 minutes. Beat eggs and vanilla extract into sugar mixture until smooth, about 1 minute.
- ☐ Whisk flour, cinnamon, baking soda, and salt together in a separate bowl; beat into sugar mixture until batter is just combined. Fold apples and walnuts into batter; spoon into muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:24.8, Inflammation Score:-2, Nutrition Score:4.648695639942%

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 Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 199.61kcal (9.98%), Fat: 3.76g (5.78%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 37.26g (13.55%), Sugar: 21.49g (23.88%), Cholesterol: 27.28mg (9.09%), Sodium: 176.79mg (7.69%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.2g (6.4%), Selenium: 9.42µg (13.46%), Vitamin B1: 0.17mg (11.62%), Folate: 42.95µg (10.74%), Manganese: 0.19mg (9.54%), Vitamin B2: 0.15mg (8.93%), Fiber: 1.74g (6.97%), Iron: 1.17mg (6.52%), Vitamin B3: 1.28mg (6.4%), Vitamin K: 6.15µg (5.86%), Phosphorus: 42.15mg (4.22%), Vitamin E: 0.4mg (2.65%), Vitamin C: 2.1mg (2.54%), Copper: 0.05mg (2.48%), Potassium: 82.66mg (2.36%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.88mg (1.97%), Zinc: 0.26mg (1.76%), Vitamin A: 64.66IU (1.29%), Calcium: 11.9mg (1.19%), Vitamin B12: 0.07µg (1.09%)