



Hunnybunch's Special Apple Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



231 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

- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

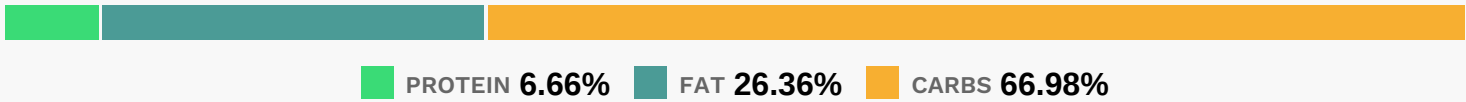
Equipment

- ☐ 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:16.84, Glycemic Load:24.87, Inflammation Score:-3, Nutrition Score:5.7530434753584%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg 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: 231.49kcal (11.57%), Fat: 6.94g (10.67%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 37.6g (13.67%), Sugar: 21.62g (24.02%), Cholesterol: 27.28mg (9.09%), Sodium: 176.89mg (7.69%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 3.94g (7.88%), Manganese: 0.36mg (17.86%), Selenium: 9.66µg (13.8%), Vitamin B1: 0.19mg (12.73%), Folate: 47.72µg (11.93%), Vitamin B2: 0.16mg (9.36%), Fiber: 2.07g (8.28%), Iron: 1.32mg (7.31%), Vitamin B3: 1.34mg (6.68%), Copper: 0.13mg (6.36%), Vitamin K: 6.28µg (5.98%), Phosphorus: 59.02mg (5.9%), Magnesium: 15.58mg (3.9%), Vitamin B6: 0.07mg (3.34%), Potassium: 104.16mg (2.98%), Vitamin E: 0.43mg (2.88%), Zinc: 0.41mg (2.76%), Vitamin C: 2.16mg (2.62%), Vitamin B5: 0.26mg (2.6%), Calcium: 16.67mg (1.67%), Vitamin A: 65.64IU (1.31%), Vitamin B12: 0.07µg (1.09%)