



## Jumbo Fluffy Walnut Apple Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups apples cored peeled sliced
- 2 teaspoons double-acting baking powder
- 2 tablespoons butter cubed
- 2 eggs
- 3 tablespoons flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 0.5 teaspoon salt

- 1 teaspoon vanilla extract
- 0.5 cup walnuts
- 0.3 cup sugar white

## Equipment

- bowl
- oven
- wire rack
- blender
- toothpicks
- aluminum foil
- muffin liners
- muffin tray
- butter knife

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Coat top and insides of jumbo muffin pan with cooking spray, or line with muffin papers.
- In a large bowl, cream together 1/2 cup butter, 1 1/4 cups sugar, vanilla, and salt until light and fluffy. Beat in eggs, one at time.
- Mix together the 1 3/4 cups of flour, baking powder, and 1/2 teaspoon cinnamon. Stir in the flour mixture alternately with the milk, mixing just until incorporated. Fold in apples and walnuts. Scoop into muffin cups to fill 3/4 full. Lightly sprinkle the tops with cinnamon crumble.
- To make Cinnamon Crumble: In a small bowl, combine 1/4 cup white sugar, 1/2 teaspoon of cinnamon, 3 tablespoons all-purpose flour, and 2 tablespoons cubed butter.
- Mix together using a pastry blender, or two butter knives. The crumble topping should resemble small peas.
- Bake in preheated oven for 30 minutes, or until tops are golden brown, and a toothpick inserted into the center comes out clean. If they are browning too quickly, cover with tin foil.
- Remove from pans, and cool on wire rack.

# Nutrition Facts

PROTEIN 8.7% FAT 53.16% CARBS 38.14%

## Properties

Glycemic Index:63.68, Glycemic Load:10.25, Inflammation Score:-3, Nutrition Score:6.1943477703177%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 200.84kcal (10.04%), Fat: 12.32g (18.96%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.05g (6.56%), Sugar: 14.04g (15.6%), Cholesterol: 67.03mg (22.34%), Sodium: 394.53mg (17.15%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 4.54g (9.08%), Manganese: 0.41mg (20.48%), Calcium: 127.25mg (12.73%), Phosphorus: 122.43mg (12.24%), Selenium: 6.74µg (9.63%), Copper: 0.18mg (9.22%), Vitamin B2: 0.14mg (8.41%), Fiber: 1.85g (7.38%), Folate: 24.71µg (6.18%), Vitamin B1: 0.09mg (5.82%), Magnesium: 23.15mg (5.79%), Vitamin B6: 0.11mg (5.45%), Iron: 0.93mg (5.18%), Vitamin A: 253.7IU (5.07%), Zinc: 0.63mg (4.17%), Potassium: 145.63mg (4.16%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.4mg (4.04%), Vitamin D: 0.52µg (3.45%), Vitamin E: 0.42mg (2.81%), Vitamin C: 2.05mg (2.48%), Vitamin B3: 0.41mg (2.04%), Vitamin K: 1.67µg (1.6%)