



Maple-Walnut Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 egg whites lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon imitation maple flavoring
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup butter chilled cut into small pieces reduced-calorie
- ☐ 8 ounce carton nonfat yogurt plain
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.3 cup walnuts chopped

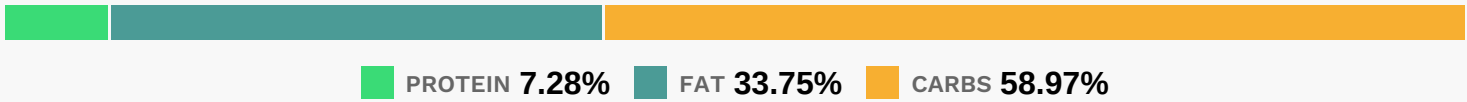
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a large bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Combine maple syrup, maple flavoring, egg whites, and yogurt; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Divide batter evenly among 18 muffin cups coated with cooking spray; sprinkle walnuts evenly over batter.
- ☐ Bake at 350 for 25 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove from pans immediately; let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:17.01, Inflammation Score:-3, Nutrition Score:3.8443478572628%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 173.31kcal (8.67%), Fat: 6.57g (10.11%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 25.3g (9.2%), Sugar: 13.51g (15.01%), Cholesterol: 0.25mg (0.08%), Sodium: 166.88mg (7.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Manganese: 0.21mg (10.74%), Selenium: 6.9µg (9.85%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.14mg (9.1%), Folate: 31.96µg (7.99%), Phosphorus: 49.41mg (4.94%), Vitamin B3: 0.96mg (4.82%), Vitamin A: 236.28IU (4.73%), Calcium: 46.94mg (4.69%), Iron: 0.82mg (4.56%), Copper: 0.05mg (2.61%), Magnesium: 9.67mg (2.42%), Fiber: 0.53g (2.12%), Potassium: 72.2mg (2.06%), Zinc: 0.3mg (2%), Vitamin B5: 0.17mg (1.73%), Vitamin E: 0.22mg (1.5%), Vitamin B12: 0.09µg (1.47%), Vitamin B6: 0.02mg (1.16%)