



Mini Apple Crumb Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 12 servings apples such as royal gala
- ☐ 2 baking mix sweet
- ☐ 0.8 teaspoon baking soda
- ☐ 0.5 tablespoon powdered sugar
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.3 teaspoon salt

- ☐ 1 stick butter unsalted
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.5 cup walnut pieces chopped

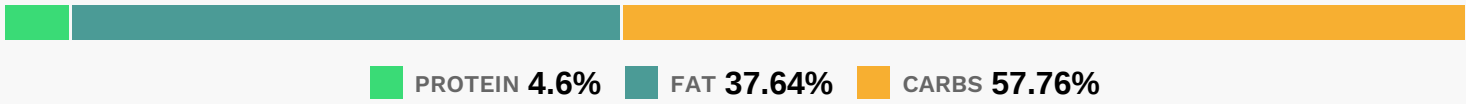
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Line a 12-cup muffin pan with paper or foil cupcake liners.
- ☐ Peel, quarter and core apples and cut into 1/3-inch dice. Melt butter in a medium skillet over medium heat.
- ☐ Add apples; cook for about 5 minutes.
- ☐ Remove from heat; stir in brown sugar and salt.
- ☐ Let cool for 5 minutes.
- ☐ In a bowl, whisk together flour, walnuts and baking soda. In another bowl, beat together egg and vanilla extract. Stir apple and egg mixtures into flour. Spoon batter into cupcake liners about three-quarters full.
- ☐ Bake for 18 to 20 minutes.
- ☐ Let cool for 15 minutes.
- ☐ Remove from pan to racks to cool completely. Dust with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:10.97, Inflammation Score:-4, Nutrition Score:5.2834782755893%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 266.89kcal (13.34%), Fat: 11.5g (17.69%), Saturated Fat: 5.31g (33.22%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 37.44g (13.62%), Sugar: 24.84g (27.6%), Cholesterol: 35.75mg (11.92%), Sodium: 132.12mg (5.74%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 3.16g (6.32%), Manganese: 0.31mg (15.46%), Selenium: 7.14µg (10.21%), Vitamin B1: 0.15mg (10.2%), Folate: 37.88µg (9.47%), Fiber: 2.25g (9.01%), Vitamin B2: 0.12mg (7.29%), Copper: 0.13mg (6.52%), Iron: 1.15mg (6.4%), Vitamin A: 292.55IU (5.85%), Vitamin B3: 1.07mg (5.35%), Phosphorus: 52.85mg (5.28%), Magnesium: 16.67mg (4.17%), Potassium: 138.02mg (3.94%), Vitamin B6: 0.07mg (3.69%), Vitamin C: 2.94mg (3.56%), Calcium: 31.03mg (3.1%), Vitamin E: 0.42mg (2.79%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.22µg (1.5%)