



Moist Dairy-Free Pineapple Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs slightly beaten
- ☐ 2 cups flour
- ☐ 2 cups pineapple fresh diced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla

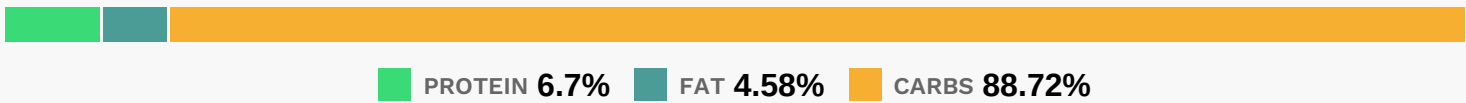
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat your oven to 350°F.In a mixing bowl, combine the flour, sugar, baking soda and salt.
- ☐ Add the eggs, applesauce, pineapple, and vanilla.
- ☐ Mix together to combine and make a batter.Divide batter evenly into greased/lined muffin pans.
- ☐ Bake for 15–20 minutes or until the center springs back when touched.Allow to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:14.74, Inflammation Score:-2, Nutrition Score:3.780000017389%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 128.35kcal (6.42%), Fat: 0.66g (1.02%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 28.11g (10.22%), Sugar: 17.41g (19.34%), Cholesterol: 18.19mg (6.06%), Sodium: 134.89mg (5.86%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 2.18g (4.36%), Manganese: 0.27mg (13.72%), Vitamin C: 8.9mg (10.79%), Selenium: 6.39µg (9.13%), Vitamin B1: 0.13mg (8.6%), Folate: 31.48µg (7.87%), Vitamin B2: 0.1mg (6.04%), Iron: 0.86mg (4.79%), Vitamin B3: 0.93mg (4.67%), Fiber: 0.78g (3.12%), Phosphorus: 27.08mg (2.71%), Copper: 0.05mg (2.55%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.19mg (1.89%), Potassium: 60.26mg (1.72%), Magnesium: 6.83mg (1.71%), Calcium: 12.97mg (1.3%), Zinc: 0.19mg (1.26%)