



Mom's Applesauce Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon cinnamon
- ☐ 2 teaspoons cinnamon
- ☐ 1 eggs beaten
- ☐ 0.8 cup flour all-purpose

- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.8 cup quick-cooking oats uncooked
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

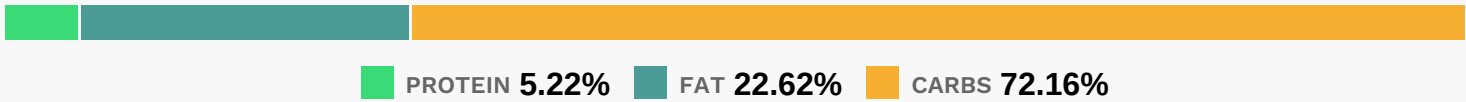
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Combine butter, sugar, applesauce and egg. In a separate bowl, combine flour, baking soda, cinnamon, cloves and salt; stir into butter mixture just until moistened. Stir in raisins. Fill paper-lined muffin cups 3/4 full; sprinkle with crumb topping.
- ☐ Bake at 350 degrees for 25 to 30 minutes.
- ☐ Crumb Topping: Blend all ingredients until crumbly.

Nutrition Facts



Properties

Glycemic Index:33.66, Glycemic Load:34.49, Inflammation Score:-4, Nutrition Score:7.4717391496119%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 340.9kcal (17.05%), Fat: 8.8g (13.54%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 60.59g (22.03%), Sugar: 27.62g (30.68%), Cholesterol: 33.98mg (11.33%), Sodium: 213.2mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Manganese: 0.6mg (29.79%), Selenium:

13.02µg (18.6%), Vitamin B1: 0.27mg (18.22%), Folate: 57.17µg (14.29%), Iron: 2.12mg (11.75%), Vitamin B2: 0.2mg (11.72%), Fiber: 2.59g (10.36%), Vitamin B3: 1.91mg (9.55%), Phosphorus: 74.53mg (7.45%), Magnesium: 26.19mg (6.55%), Copper: 0.11mg (5.61%), Potassium: 186.4mg (5.33%), Vitamin A: 263.67IU (5.27%), Zinc: 0.46mg (3.08%), Vitamin B6: 0.06mg (2.86%), Calcium: 28.54mg (2.85%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.36mg (2.41%), Vitamin K: 1.3µg (1.24%), Vitamin C: 0.88mg (1.06%)