



Oat and Blueberry Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 1 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup non-fat vanilla-flavored yogurt greek-style
- ☐ 1 cup whole-grain cereal hot instant oats® such as Coach's
- ☐ 0.8 cup sugar

- ☐ 1 cup unbleached flour
- ☐ 1 teaspoon vanilla extract

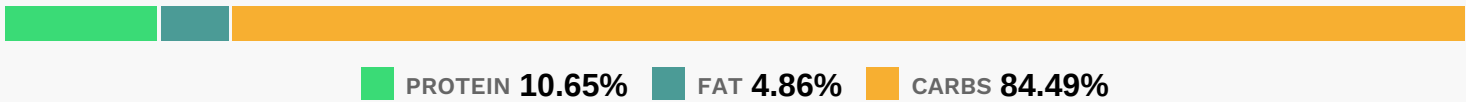
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray 12 muffin cups with cooking spray or use paper liners.
- ☐ Mix flour, oats, baking powder, and cinnamon together in a bowl. Stir sugar, applesauce, yogurt, egg, and vanilla extract together in a separate bowl. Stir flour mixture into applesauce mixture until just combined. Fold blueberries into batter. Fill prepared muffin cups 2/3 full with batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:14.99, Inflammation Score:-1, Nutrition Score:3.40000001762222%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg

Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 128.46kcal (6.42%), Fat: 0.71g (1.09%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 26.42g (9.61%), Sugar: 17.14g (19.05%), Cholesterol: 14.06mg (4.69%), Sodium: 91.7mg (3.99%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.48g (6.96%), Manganese: 0.2mg (10.01%), Selenium: 6.22µg (8.89%), Calcium: 62.42mg (6.24%), Vitamin B2: 0.1mg (5.75%), Fiber: 1.21g (4.85%), Phosphorus: 46.9mg (4.69%), Vitamin K: 4.91µg (4.67%), Vitamin B1: 0.07mg (4.63%), Vitamin C: 3.33mg (4.04%), Iron: 0.6mg (3.33%), Vitamin B6: 0.06mg (3.23%), Folate: 11.71µg (2.93%), Vitamin B3: 0.45mg (2.23%), Copper: 0.04mg (2.08%), Vitamin B5: 0.16mg (1.65%), Vitamin E: 0.24mg (1.61%), Potassium: 55.34mg (1.58%), Zinc: 0.23mg (1.52%), Magnesium: 6.07mg (1.52%), Vitamin B12: 0.09µg (1.52%)