



Oat Applesauce Muffins

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 1 cup rolled oats
- ☐ 1 cup flour whole wheat

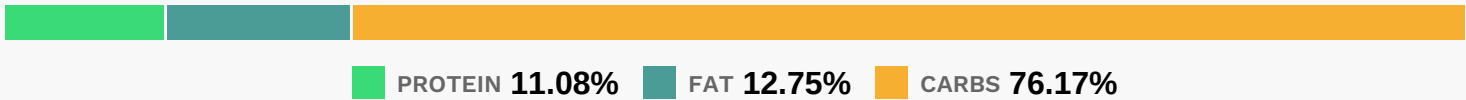
Equipment

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

Directions

- ☐ Place oats in a small bowl, pour in buttermilk.
- ☐ Let sit for two hours at room temperature.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ In a large bowl, stir together whole wheat flour, baking powder, baking soda and brown sugar. Stir in oat/buttermilk mixture, applesauce and egg; mix well.
- ☐ Pour batter into prepared muffin cups.
- ☐ Bake in preheated oven for 30 minutes, until a toothpick inserted into center of muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:5.3647826362563%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 116.53kcal (5.83%), Fat: 1.71g (2.63%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 21.14g (7.69%), Sugar: 10.94g (12.16%), Cholesterol: 15.84mg (5.28%), Sodium: 110.52mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Manganese: 0.66mg (33.11%), Selenium: 10.14µg

(14.49%), Phosphorus: 95.84mg (9.58%), Fiber: 1.86g (7.46%), Magnesium: 26.68mg (6.67%), Vitamin B1: 0.09mg (6.32%), Calcium: 59.57mg (5.96%), Vitamin B2: 0.08mg (4.78%), Iron: 0.84mg (4.68%), Zinc: 0.64mg (4.23%), Copper: 0.08mg (4.11%), Vitamin B6: 0.07mg (3.37%), Potassium: 112.6mg (3.22%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.28mg (2.84%), Folate: 9.68µg (2.42%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 56.65IU (1.13%), Vitamin E: 0.17mg (1.12%)