



Oat-Topped Fig Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons canola oil
- ☐ 1.3 cups figs dried chopped
- ☐ 1 large eggs
- ☐ 6.8 ounces flour all-purpose

- ☐ 1.5 cups buttermilk low-fat
- ☐ 0.3 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 5.1 ounces pastry flour whole wheat

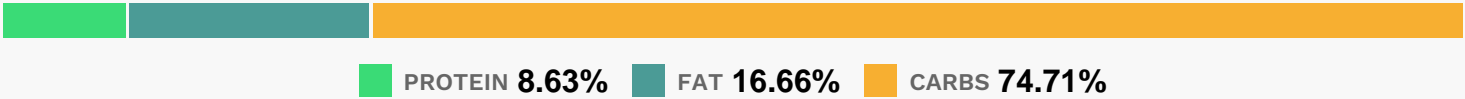
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flours into measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (through salt) in a large bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Place buttermilk, figs, oil, vanilla, and egg in a food processor; process until well blended.
- ☐ Add fig mixture to flour mixture, stirring just until combined. Divide batter evenly among 12 muffin cups coated with cooking spray.
- ☐ Combine brown sugar, oats, and butter in a small bowl; toss with a fork until combined.
- ☐ Sprinkle oat mixture evenly over muffins.
- ☐ Bake at 400 for 18 minutes or until a wooden pick inserted in center of a muffin comes out clean. Cool in pans on a wire rack for 5 minutes; remove muffins from pans, and cool completely on rack.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:17.95, Inflammation Score:-3, Nutrition Score:8.6408696070961%

Nutrients (% of daily need)

Calories: 247.52kcal (12.38%), Fat: 4.74g (7.29%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 44.44g (16.16%), Sugar: 23.29g (25.88%), Cholesterol: 19.21mg (6.4%), Sodium: 285.23mg (12.4%), Alcohol: 0.1g (100%), Alcohol %: 0.15% (100%), Protein: 5.53g (11.05%), Manganese: 0.76mg (38%), Selenium: 15.57µg (22.25%), Vitamin B1: 0.22mg (14.68%), Fiber: 3.41g (13.63%), Phosphorus: 121.38mg (12.14%), Vitamin B2: 0.18mg (10.65%), Folate: 40µg (10%), Magnesium: 39.72mg (9.93%), Iron: 1.74mg (9.68%), Calcium: 94.7mg (9.47%), Vitamin B3: 1.68mg (8.4%), Copper: 0.13mg (6.68%), Potassium: 232.81mg (6.65%), Zinc: 0.77mg (5.11%), Vitamin B6: 0.09mg (4.72%), Vitamin E: 0.66mg (4.38%), Vitamin K: 4.54µg (4.32%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.11µg (1.75%), Vitamin A: 68.4IU (1.37%)