



## Oatmeal Apple Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 medium apples peeled chopped
- 1 tablespoon double-acting baking powder
- 0.8 cup cranberries dried
- 1 eggs
- 0.8 cup half-and-half fat free
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 3 tablespoons olive oil

- 1 cup quick-cooking oats
- 0.3 teaspoon salt
- 0.3 cup splenda
- 0.5 cup walnut pieces
- 1 cup flour whole wheat

## Equipment

- bowl
- oven
- muffin tray

## Directions

- Preheat oven to 450 degrees.
- In a bowl, beat together egg, half-and-half, oil, and Splenda (or sugar). In a large bowl, combine remaining ingredients. Fold egg mixture into dry mixture, just to moisten.
- Fill non-stick muffin tins 3/4 full.
- Bake 15 to 20 minutes.

## Nutrition Facts



**PROTEIN 7.81%** **FAT 36.44%** **CARBS 55.75%**

## Properties

Glycemic Index:27.83, Glycemic Load:6.01, Inflammation Score:-3, Nutrition Score:7.5304348468781%

## Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

Myricetin: 0.18mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## **Nutrients (% of daily need)**

Calories: 187.51kcal (9.38%), Fat: 8.09g (12.45%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 24.85g (9.04%), Sugar: 12.58g (13.98%), Cholesterol: 14.38mg (4.79%), Sodium: 175.55mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Manganese: 0.95mg (47.56%), Selenium: 10.33µg (14.76%), Phosphorus: 137.62mg (13.76%), Fiber: 2.99g (11.97%), Magnesium: 44.13mg (11.03%), Calcium: 91.48mg (9.15%), Copper: 0.16mg (7.98%), Vitamin B1: 0.12mg (7.8%), Iron: 1.09mg (6.04%), Vitamin E: 0.89mg (5.97%), Zinc: 0.82mg (5.44%), Vitamin B2: 0.09mg (5.29%), Vitamin B6: 0.1mg (4.94%), Potassium: 139.57mg (3.99%), Folate: 14.19µg (3.55%), Vitamin K: 3.7µg (3.52%), Vitamin B3: 0.69mg (3.44%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.11µg (1.82%), Vitamin C: 0.89mg (1.08%)