



Oatmeal-Cranberry Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup oil
- ☐ 1.5 cups old-fashioned rolled oats

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 cup water
- ☐ 0.8 cup flour whole wheat

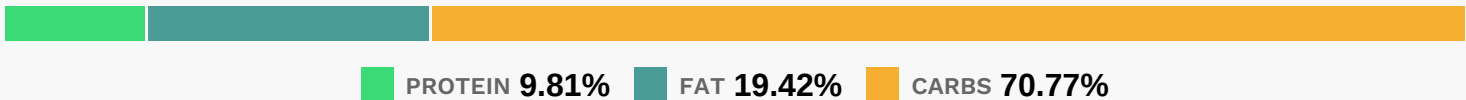
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Spray a 12-muffin pan with cooking spray and reserve.
- ☐ Combine oats, flours, sugar, baking powder, spices, and salt in a bowl.
- ☐ In a separate bowl whisk water, oil, applesauce, and eggs until incorporated.
- ☐ Combine wet and dry ingredients and add cranberries.
- ☐ Distribute batter evenly into muffin pan.
- ☐ Bake until a toothpick in the center comes out clean and tops are browned, 3035 minutes.

Nutrition Facts



Properties

Glycemic Index:70.42, Glycemic Load:25.82, Inflammation Score:-5, Nutrition Score:16.131304485642%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 388.42kcal (19.42%), Fat: 8.65g (13.31%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 70.91g (23.64%), Net Carbohydrates: 64.85g (23.58%), Sugar: 24.89g (27.66%), Cholesterol: 65.47mg (21.82%), Sodium: 475.4mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.67%), Manganese: 1.86mg (93.15%), Selenium: 30.16µg (43.08%), Phosphorus: 265.78mg (26.58%), Vitamin B1: 0.37mg (24.35%), Fiber: 6.06g (24.23%), Iron: 3.23mg (17.95%), Magnesium: 67.31mg (16.83%), Calcium: 157.1mg (15.71%), Vitamin B2: 0.25mg (14.94%), Folate: 59.2µg (14.8%), Vitamin B3: 2.38mg (11.9%), Copper: 0.24mg (11.75%), Zinc: 1.75mg (11.66%), Vitamin E: 1.51mg (10.09%), Vitamin B5: 0.77mg (7.71%), Vitamin B6: 0.15mg (7.4%), Potassium: 224.88mg (6.43%), Vitamin K: 5.3µg (5.05%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%), Vitamin A: 105.12IU (2.1%)