



Oatmeal Muffin Batter

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup dates chopped
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 cup oats uncooked
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sugar

Equipment

☐ oven

☐ mixing bowl

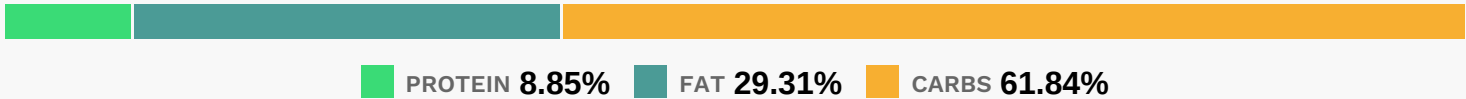
Directions

☐ Combine flour and next 5 ingredients in a large mixing bowl; make a well in center of mixture. Stir together milk, melted butter, and lightly beaten egg; add to dry ingredients, and stir just until moistened.

☐ Oatmeal Muffins: Spoon Oatmeal Muffin Batter evenly into lightly greased muffin pans, filling two-thirds full.

☐ Bake at 425 for 15 minutes. Makes 10 muffins.

Nutrition Facts



Properties

Glycemic Index:41.71, Glycemic Load:13.72, Inflammation Score:-2, Nutrition Score:5.1726086518687%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 153.71kcal (7.69%), Fat: 5.13g (7.9%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 22.7g (8.25%), Sugar: 10.66g (11.84%), Cholesterol: 29.83mg (9.94%), Sodium: 285.4mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Manganese: 0.38mg (19.01%), Selenium: 7.7µg (11%), Calcium: 105.44mg (10.54%), Phosphorus: 103.61mg (10.36%), Vitamin B1: 0.13mg (8.48%), Vitamin B2: 0.11mg (6.72%), Fiber: 1.66g (6.65%), Iron: 1.08mg (5.99%), Folate: 23.62µg (5.91%), Magnesium: 19.62mg (4.9%), Vitamin B3: 0.76mg (3.81%), Potassium: 123.32mg (3.52%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.32mg (3.25%), Vitamin A: 162.34IU (3.25%), Copper: 0.06mg (3.23%), Vitamin B12: 0.15µg (2.51%), Vitamin B6: 0.04mg (2.21%), Vitamin D: 0.3µg (2.01%), Vitamin E: 0.2mg (1.35%)