



Oatmeal Muffins with Raisins, Dates, and Walnuts



Vegetarian



Popular

READY IN



40 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup rolled oats
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon

- ☐ 0.3 cup walnuts toasted finely chopped
- ☐ 0.3 cup raisins
- ☐ 0.3 cup dates chopped
- ☐ 0.5 cup butter cooled melted
- ☐ 1 cup buttermilk
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 large eggs beaten

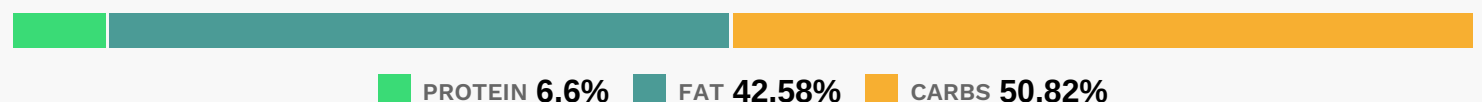
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400°F and grease a twelve-slot muffin tin or line the slots with paper baking cups.
- ☐ Mix together the rolled oats, flour, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, dates, and raisins. In a separate bowl mix together the buttermilk, egg, vanilla extract, and butter.
- ☐ Pour the wet ingredients into the dry mixture and stir together. Be sure not to over-stir as that will cause the muffins to develop too many gluten bonds. It should be thick and gloppy. About 10 seconds of stirring should do; just enough to barely bring the ingredients together.
- ☐ Scoop into prepared muffin tray and bake at 400°F for 20 minutes or until a toothpick comes out clean. Cool in the tray for a minute or two before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:35.32, Glycemic Load:10.85, Inflammation Score:-3, Nutrition Score:5.6756521968738%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 224.77kcal (11.24%), Fat: 10.9g (16.77%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 27.49g (10%), Sugar: 12.66g (14.07%), Cholesterol: 38.04mg (12.68%), Sodium: 270.02mg (11.74%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.8g (7.6%), Manganese: 0.44mg (22.2%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.14mg (9.29%), Phosphorus: 88.19mg (8.82%), Vitamin B2: 0.13mg (7.79%), Fiber: 1.77g (7.09%), Folate: 27.85µg (6.96%), Calcium: 65.9mg (6.59%), Iron: 1.18mg (6.54%), Vitamin A: 293.01IU (5.86%), Copper: 0.11mg (5.68%), Magnesium: 22.11mg (5.53%), Potassium: 154.27mg (4.41%), Vitamin B3: 0.85mg (4.26%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.32mg (3.24%), Vitamin B6: 0.06mg (2.86%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.34µg (2.29%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.1µg (1.05%)