

Peach Muffins



Vegetarian



Dairy Free



Popular

READY IN



50 min.

SERVINGS



16

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 cups peaches pitted peeled chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 cups vegetable oil
- ☐ 2 cups sugar white

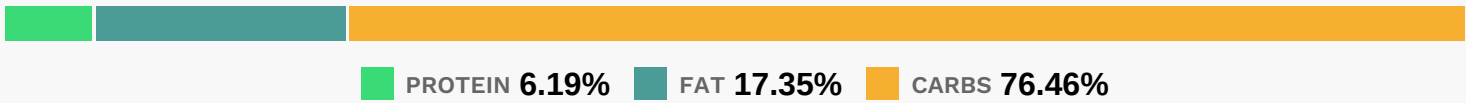
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease 16 muffin cups.
- ☐ In a large bowl, mix the flour, cinnamon, baking soda, and salt. In a separate bowl, mix the oil, eggs, and sugar. Stir the oil mixture into the flour mixture just until moist. Fold in the peaches. Spoon into the prepared muffin cups.
- ☐ Bake 25 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before turning out onto wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:31.07, Inflammation Score:-2, Nutrition Score:5.1391304368558%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 232.79kcal (11.64%), Fat: 4.56g (7.01%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 44g (16%), Sugar: 26.67g (29.63%), Cholesterol: 30.69mg (10.23%), Sodium: 228.73mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Selenium: 11.05µg (15.78%), Manganese: 0.26mg (13.13%), Vitamin B1: 0.19mg (12.8%), Folate: 47.95µg (11.99%), Vitamin B2: 0.16mg (9.67%), Vitamin B3: 1.55mg (7.76%), Iron: 1.35mg (7.52%), Vitamin K: 7.09µg (6.75%), Fiber: 1.19g (4.75%), Phosphorus: 46.2mg (4.62%), Vitamin

E: 0.53mg (3.54%), Copper: 0.06mg (2.91%), Vitamin B5: 0.26mg (2.6%), Vitamin A: 108.78IU (2.18%), Zinc: 0.33mg (2.18%), Magnesium: 7.99mg (2%), Potassium: 62.63mg (1.79%), Vitamin B6: 0.03mg (1.5%), Calcium: 14.26mg (1.43%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)