



Quick and Easy Oatmeal Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.7 cup brown sugar
- 2 eggs
- 1 cup flour all-purpose
- 0.8 cup oatmeal instant
- 0.5 cup milk
- 1 pinch salt

0.5 cup vegetable oil

Equipment

bowl

oven

whisk

toothpicks

muffin liners

Directions

Preheat oven to 400 degrees F (200 degrees C).

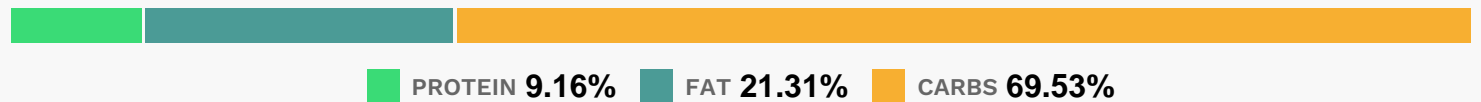
Grease 12 muffin cups.

Whisk eggs, brown sugar, vegetable oil, and milk together in a bowl until smooth.

Stir flour, oatmeal, baking powder, baking soda, and salt into wet ingredients to form a batter. Fill the prepared muffin cups with batter.

Bake in preheated oven until tops are golden brown and an inserted toothpick comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.39, Inflammation Score:-1, Nutrition Score:3.4704347848892%

Nutrients (% of daily need)

Calories: 135.53kcal (6.78%), Fat: 3.26g (5.01%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 23.14g (8.41%), Sugar: 12.45g (13.83%), Cholesterol: 28.5mg (9.5%), Sodium: 102.27mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Selenium: 6.12µg (8.75%), Vitamin B1: 0.13mg (8.46%), Phosphorus: 67.53mg (6.75%), Vitamin B2: 0.11mg (6.24%), Folate: 24.23µg (6.06%), Iron: 0.95mg (5.25%), Calcium: 50.51mg (5.05%), Manganese: 0.08mg (4.07%), Vitamin B3: 0.68mg (3.42%), Vitamin K: 3.42µg (3.26%), Magnesium: 12.98mg (3.25%), Fiber: 0.77g (3.09%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.21mg (2.12%), Potassium: 70.34mg (2.01%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.26mg (1.74%), Vitamin D: 0.26µg (1.72%), Vitamin B6: 0.03mg (1.71%), Copper: 0.03mg (1.31%), Vitamin A: 56.07IU (1.12%)