



Strawberry Cinnamon Oatmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 eggs beaten
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 cup olive oil light
- 0.5 cup milk
- 1 cup rolled oats

- 0.5 teaspoon salt
- 0.5 pint strawberries fresh chopped
- 0.5 cup sugar

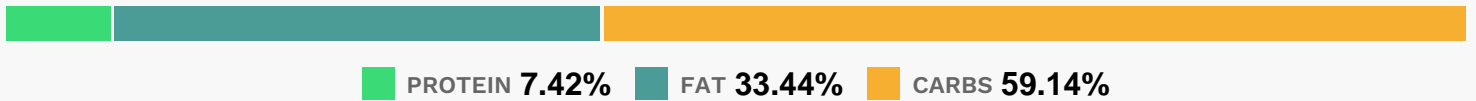
Equipment

- bowl
- oven
- knife
- whisk
- muffin liners

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease 12 muffin cups.
- In a large bowl, mix flour, oats, baking powder, baking soda, cinnamon and salt. In a separate bowl, whisk together egg, milk, olive oil and sugar.
- Mix in strawberries. Stir strawberry mixture into oat mixture just until evenly moist. Spoon into prepared muffin cups.
- Bake 18 to 20 minutes in the preheated oven, until a knife inserted in the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:13.92, Inflammation Score:-2, Nutrition Score:5.3352174499761%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.9mg, Pelargonidin: 4.9mg, Pelargonidin: 4.9mg, Pelargonidin: 4.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin:

0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 153.6kcal (7.68%), Fat: 5.8g (8.93%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 21.69g (7.89%), Sugar: 9.88g (10.98%), Cholesterol: 14.86mg (4.95%), Sodium: 223.22mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.41mg (20.45%), Vitamin C: 11.6mg (14.06%), Selenium: 6.94µg (9.91%), Vitamin B1: 0.12mg (8.32%), Phosphorus: 75.87mg (7.59%), Folate: 27.68µg (6.92%), Calcium: 62.99mg (6.3%), Vitamin B2: 0.1mg (5.8%), Iron: 1.03mg (5.7%), Fiber: 1.4g (5.61%), Vitamin E: 0.79mg (5.24%), Magnesium: 16.07mg (4.02%), Vitamin B3: 0.78mg (3.91%), Vitamin K: 3.38µg (3.22%), Zinc: 0.44mg (2.92%), Copper: 0.05mg (2.73%), Potassium: 86.8mg (2.48%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.19µg (1.23%)