



Strawberry Oat Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup rolled oats
- ☐ 1 teaspoon salt

- ☐ 1 cup strawberries fresh chopped
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil

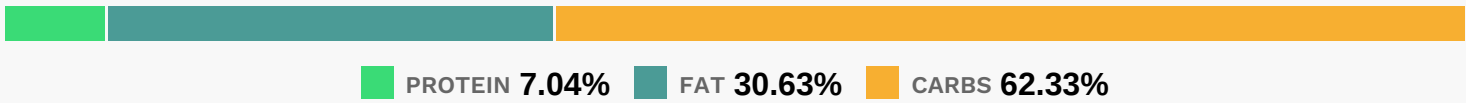
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour a muffin pan, or use paper liners. In a small bowl, combine oats and buttermilk, and let stand 5 minutes. In a medium bowl, combine flour, baking powder, baking soda and salt; set aside.
- ☐ In a large bowl, beat together the egg, oil, brown sugar and vanilla. Blend in the oat mixture. Stir in the flour mixture, just until moistened. Fold in strawberries. Fill muffin cups 2/3 to 3/4 full.
- ☐ Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:7.97, Inflammation Score:-2, Nutrition Score:5.3665217264839%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg,

Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 178.54kcal (8.93%), Fat: 6.13g (9.43%), Saturated Fat: 1.28g (8%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 26.87g (9.77%), Sugar: 15.05g (16.72%), Cholesterol: 15.84mg (5.28%), Sodium: 305.54mg (13.28%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.17g (6.34%), Manganese: 0.37mg (18.73%), Selenium: 7.56µg (10.81%), Vitamin C: 7.06mg (8.55%), Vitamin B1: 0.13mg (8.44%), Vitamin K: 8.85µg (8.43%), Phosphorus: 73.97mg (7.4%), Vitamin B2: 0.12mg (6.83%), Folate: 26.97µg (6.74%), Calcium: 63.21mg (6.32%), Iron: 1.03mg (5.71%), Fiber: 1.2g (4.82%), Magnesium: 16.99mg (4.25%), Vitamin B3: 0.77mg (3.87%), Vitamin E: 0.49mg (3.29%), Zinc: 0.46mg (3.09%), Copper: 0.06mg (3.09%), Potassium: 104.91mg (3%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Vitamin B6: 0.04mg (1.81%), Vitamin A: 54.24IU (1.08%)