



WHATSheATE



Streusel Topped Apple Cinnamon Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 13.9 oz corn muffin mix quick
- ☐ 1 tablespoon butter softened
- ☐ 0.7 cup milk
- ☐ 0.3 cup apple sauce
- ☐ 2 eggs
- ☐ 1 apples peeled cut into small pieces

Equipment

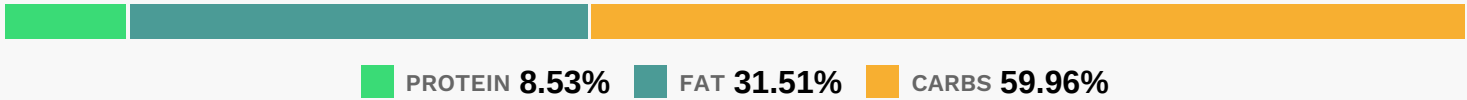
- ☐ bowl

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 425°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In small bowl, use fork to stir together streusel mix and softened butter until crumbly. Set aside.
- ☐ In medium bowl, stir together muffin mix, milk, applesauce and eggs just until blended.
- ☐ Add chopped apple; stir to combine. Divide batter evenly among muffin cups (each about 2/3 full).
- ☐ Sprinkle streusel over batter in each cup; press lightly.
- ☐ Bake 20 minutes or until golden brown. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:4.885652212993%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 174.27kcal (8.71%), Fat: 6.11g (9.41%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 23.62g (8.59%), Sugar: 9.41g (10.46%), Cholesterol: 32.07mg (10.69%), Sodium: 291.61mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Phosphorus: 190.99mg (19.1%), Vitamin B1: 0.15mg (10.31%), Fiber: 2.55g (10.22%), Vitamin B2: 0.15mg (8.67%), Folate: 34.63µg (8.66%), Selenium: 4.37µg (6.25%), Vitamin B3: 1.14mg (5.68%), Manganese: 0.11mg (5.63%), Iron: 0.98mg (5.44%), Calcium: 40.89mg (4.09%),

Vitamin B6: 0.07mg (3.52%), Vitamin B5: 0.33mg (3.33%), Magnesium: 11.32mg (2.83%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 138.14IU (2.76%), Potassium: 87.83mg (2.51%), Zinc: 0.35mg (2.31%), Vitamin K: 2.15µg (2.04%), Vitamin D: 0.3µg (1.97%), Copper: 0.04mg (1.94%), Vitamin E: 0.2mg (1.33%)