



Whole Wheat and Nuts Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 teaspoon ground nutmeg
- 1 cup milk
- 1 cup nonfat yogurt plain
- 1 teaspoon salt
- 1 cup unbleached flour all-purpose
- 1 teaspoon vanilla extract

- 0.5 cup walnuts chopped
- 0.5 cup sugar white
- 1 cup flour whole wheat

Equipment

- bowl
- oven
- wire rack
- muffin liners
- muffin tray

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 12 cup muffin tin, or line with paper liners.
- In a large bowl, stir together the unbleached and whole wheat flours, sugar, baking soda, baking powder, salt, and nutmeg. In a separate bowl, stir together the yogurt, milk, and vanilla.
- Add the wet ingredients to the dry, and mix until just blended. Fold in the walnuts. Spoon batter into the prepared muffin cups.
- Bake for 18 to 20 minutes in the preheated oven, or until the top springs back when lightly touched. Cool in the muffin pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:6.9460869794307%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 161.27kcal (8.06%), Fat: 4.28g (6.58%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25.2g (9.16%), Sugar: 11.13g (12.36%), Cholesterol: 2.85mg (0.95%), Sodium: 379.74mg (16.51%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 4.98g (9.96%), Manganese: 0.65mg (32.5%), Selenium: 11.13µg (15.89%), Phosphorus: 131.21mg (13.12%), Calcium: 114.95mg (11.49%), Vitamin B1: 0.17mg (11.34%), Vitamin B2: 0.15mg (9%), Folate: 30.75µg (7.69%), Magnesium: 30.39mg (7.6%), Copper: 0.14mg (6.93%), Fiber: 1.7g (6.79%), Vitamin B3: 1.21mg (6.07%), Iron: 1.09mg (6.03%), Zinc: 0.77mg (5.12%), Vitamin B6: 0.09mg (4.75%), Potassium: 152.63mg (4.36%), Vitamin B12: 0.23µg (3.91%), Vitamin B5: 0.34mg (3.41%), Vitamin D: 0.22µg (1.49%)