



Whole Wheat Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white
- ☐ 1 cup flour whole wheat

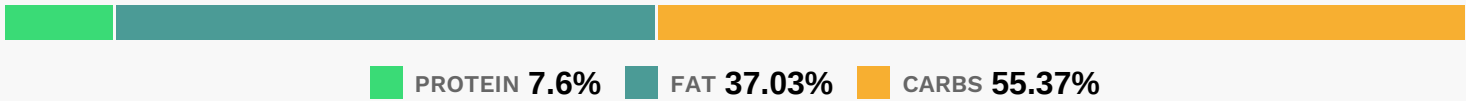
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 muffin cups or line with baking cups.
- ☐ In a medium bowl, combine flours, sugar, baking powder and salt; mix well. In a small bowl, combine milk, oil and egg; blend well.
- ☐ Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)
- ☐ Fill cups 2/3 full.
- ☐ Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:12.09, Inflammation Score:-2, Nutrition Score:5.8178261129752%

Nutrients (% of daily need)

Calories: 172.45kcal (8.62%), Fat: 7.27g (11.19%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 23.11g (8.4%), Sugar: 9.13g (10.15%), Cholesterol: 15.47mg (5.16%), Sodium: 214.39mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Manganese: 0.48mg (24%), Selenium: 11.18µg (15.97%), Vitamin K: 11.41µg (10.87%), Vitamin B1: 0.14mg (9.47%), Phosphorus: 91.52mg (9.15%), Calcium: 84.68mg (8.47%), Vitamin B2: 0.11mg (6.31%), Folate: 25.19µg (6.3%), Iron: 1.02mg (5.69%), Vitamin B3: 1.13mg (5.65%), Fiber:

1.35g (5.41%), Magnesium: 18.53mg (4.63%), Vitamin E: 0.62mg (4.12%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (2.98%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.22mg (2.19%), Potassium: 75.77mg (2.16%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.24µg (1.61%)