



Yogurt Muffins

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



21 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons vanilla yogurt low-fat
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon vanilla extract

☐ 1 teaspoon vegetable oil

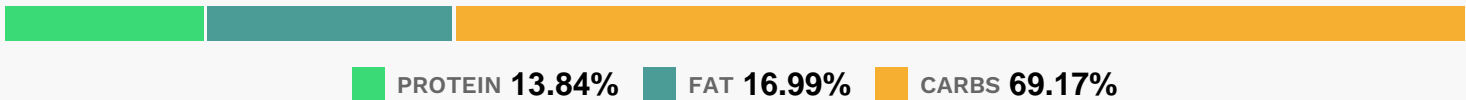
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine yogurt and next 3 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon batter evenly into 2 muffin pan cups coated with cooking spray.
- ☐ Bake at 400 for 15 to 18 minutes or until golden.
- ☐ Remove from pan immediately.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:2.11, Inflammation Score:-1, Nutrition Score:0.65913043746158%

Nutrients (% of daily need)

Calories: 20.51kcal (1.03%), Fat: 0.38g (0.59%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.43g (1.25%), Sugar: 1.38g (1.53%), Cholesterol: 0.2mg (0.07%), Sodium: 24.8mg (1.08%), Alcohol: 0.02g (100%), Alcohol %: 0.29% (100%), Protein: 0.7g (1.4%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.03mg (1.81%), Vitamin B1: 0.02mg (1.57%), Folate: 5.6µg (1.4%), Calcium: 11.33mg (1.13%), Phosphorus: 10.16mg (1.02%)