

APPLESAUCE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	33 g	3 g	4 g	12 mg	213 mg	73 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 APPLESAUCE,CANNED,UNSWEETENED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 2-1/4 lbs  
 3-7/8 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 5 lbs  
 9-5/8 oz  
 9-5/8 oz  
 10-1/4 oz  
 2 oz

**Measure**

1 gal 1-1/4 qts  
 1 qts 1 cup  
 1/2 cup  
 1 tbsp  
 2 tbsp  
 1/3 tsp  
 2 qts 1-3/8 cup  
 1-1/8 cup  
 1-1/8 cup  
 1-3/8 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil or shortening; mix at low speed 15 seconds or until dry ingredients are moistened. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.