

Apple Bran Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples cored peeled chopped
- 1.3 cups apple juice
- 1 tablespoon double-acting baking powder
- 1.3 cups bran flakes cereal
- 0.3 cup brown sugar
- 1.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup butter melted

1 teaspoon vanilla extract

Equipment

- oven
- mixing bowl
- muffin tray

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease muffin tins.
- In a mixing bowl, combine bran flakes, flour, brown sugar, cinnamon and baking powder. Stir in apple juice, margarine, vanilla, and apple. Spoon the mixture into the greased muffin tins.
- Bake at 375 degrees F (190 degrees C) for 25 to 30 minutes.

Nutrition Facts

 **PROTEIN 5.24%** **FAT 25.62%** **CARBS 69.14%**

Properties

Glycemic Index:26.42, Glycemic Load:11.04, Inflammation Score:-4, Nutrition Score:5.424347816602%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg 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: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 139.96kcal (7%), Fat: 4.08g (6.28%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 23.17g (8.43%), Sugar: 10.85g (12.05%), Cholesterol: 0mg (0%), Sodium: 176.3mg (7.67%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 1.88g (3.76%), Manganese: 0.3mg (14.79%), Folate: 52.19µg (13.05%), Iron: 1.99mg (11.04%), Vitamin B1: 0.16mg (11%), Selenium: 6.71µg (9.58%), Vitamin B2: 0.13mg (7.83%), Vitamin B3: 1.51mg (7.54%), Calcium: 73.72mg (7.37%), Fiber: 1.62g (6.48%), Phosphorus: 59.62mg (5.96%), Vitamin A: 282.27IU (5.65%), Vitamin B6: 0.09mg (4.54%), Magnesium: 15.56mg (3.89%), Vitamin B12: 0.21µg (3.55%), Potassium:

89.99mg (2.57%), Copper: 0.05mg (2.53%), Zinc: 0.32mg (2.11%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.13mg (1.28%), Vitamin C: 0.95mg (1.15%)