



## Apple Butter-Bran Muffins

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 7.4 ounce honey bran muffin mix
- ☐ 0.3 cup dates chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon milk fat-free

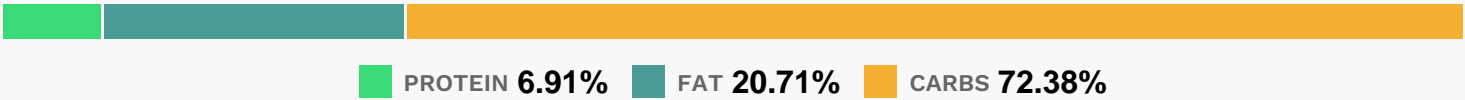
## Equipment

- ☐ oven

# Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients, stirring just until dry ingredients are moistened. Spoon batter into muffin pans coated with cooking spray, filling three-fourths full.
- ☐ Bake at 450 for 10 to 12 minutes or until lightly browned.
- ☐ Remove from pans immediately.
- ☐ Note: Health experts tell us that over half of the calories we eat should come from complex carbohydrates--good news for those who love bread--and that we should consume 25 to 30 grams of fiber daily. You can get extra fiber by eating whole grain breads or breads made with high-fiber cereal.

## Nutrition Facts



## Properties

Glycemic Index:10.66, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.0826087257136%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 166.95kcal (8.35%), Fat: 3.87g (5.96%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 27.99g (10.18%), Sugar: 15.56g (17.29%), Cholesterol: 23.83mg (7.94%), Sodium: 226.65mg (9.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Phosphorus: 147.82mg (14.78%), Fiber: 2.46g (9.84%), Vitamin B1: 0.12mg (8.02%), Manganese: 0.16mg (7.8%), Folate: 28.7µg (7.18%), Vitamin B2: 0.11mg (6.46%), Selenium: 3.68µg (5.26%), Iron: 0.88mg (4.9%), Vitamin B3: 0.97mg (4.87%), Vitamin B6: 0.06mg (3.1%), Potassium: 97.61mg (2.79%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.68%), Magnesium: 10.61mg (2.65%), Calcium: 25.78mg (2.58%), Zinc: 0.27mg (1.78%), Vitamin K: 1.65µg (1.58%), Vitamin B12: 0.09µg (1.5%), Vitamin A: 72.22IU (1.44%)