



Apple Carrot Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.8 cups bran cereal
- 0.8 cup apples peeled finely chopped
- 1.3 teaspoons baking soda
- 0.8 cup buttermilk
- 0.3 cup canola oil
- 0.8 cup carrots grated
- 1 eggs
- 1.3 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.8 cup sugar white

Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line 12 muffin cups with paper liners.
- Mix bran cereal, flour, sugar, baking soda, cinnamon, and salt together in a bowl. Beat egg, buttermilk, and canola oil in a separate bowl.
- Pour liquid ingredients into bran mixture; gently stir in apple, carrot, and walnuts. Spoon batter into prepared muffin cups, filling them about 3/4 full.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Cool in pans for 5 minutes before removing muffins to finish cooling on a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:18.5, Inflammation Score:-8, Nutrition Score:15.516521961793%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg,
Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 182.49kcal (9.12%), Fat: 6.16g (9.47%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 31.83g (10.61%), Net
Carbohydrates: 28.33g (10.3%), Sugar: 15.87g (17.63%), Cholesterol: 15.29mg (5.1%), Sodium: 212.73mg (9.25%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin B6: 1.12mg (55.84%), Manganese: 0.8mg
(40.22%), Folate: 146.51µg (36.63%), Vitamin A: 1543.7IU (30.87%), Vitamin B12: 1.8µg (30.02%), Vitamin B1: 0.32mg
(21.51%), Vitamin B2: 0.36mg (21.24%), Phosphorus: 141.82mg (14.18%), Fiber: 3.5g (14%), Iron: 2.32mg (12.88%),
Vitamin B3: 2.21mg (11.06%), Selenium: 7.03µg (10.05%), Magnesium: 38.99mg (9.75%), Zinc: 1.34mg (8.96%),
Vitamin E: 1.05mg (7.01%), Copper: 0.13mg (6.32%), Calcium: 61.36mg (6.14%), Vitamin K: 5.17µg (4.93%),
Potassium: 166.4mg (4.75%), Vitamin D: 0.66µg (4.38%), Vitamin C: 2.65mg (3.21%), Vitamin B5: 0.29mg (2.93%)