



## Apple-Cinnamon-Walnut Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups baking mix all-purpose
- 2.3 cups wheat bran flake cereal divided
- 0.3 cup firmly brown sugar divided packed
- 0.5 cup cinnamon-flavored applesauce
- 1 eggs lightly beaten
- 0.8 cup milk fat-free
- 0.8 cup planters walnuts divided chopped

### Equipment

- bowl
- oven
- muffin tray

## Directions

- Preheat oven to 400F.
- Combine baking mix, 2 cups of the cereal, 1/4 cup of the brown sugar and 1/2 cup of the walnuts in large bowl.
- Add applesauce, milk and egg; stir just until dry ingredients are moistened.
- Spoon batter evenly into paper-lined medium muffin pan, filling each cup 3/4 full.
- Combine remaining 1/4 cup cereal, 1/4 cup walnuts and 2 Tbsp. brown sugar.
- Sprinkle over batter.
- Bake 18 to 20 min. or until wooden pick inserted in centers comes out clean.
- Serve warm or cooled.

## Nutrition Facts

**PROTEIN 8.61%** **FAT 33.68%** **CARBS 57.71%**

## Properties

Glycemic Index:10.88, Glycemic Load:3.86, Inflammation Score:-5, Nutrition Score:14.124782588171%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

## Nutrients (% of daily need)

Calories: 188.84kcal (9.44%), Fat: 7.72g (11.87%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 22.34g (8.12%), Sugar: 8.78g (9.76%), Cholesterol: 14.4mg (4.8%), Sodium: 245.8mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Manganese: 2.29mg (114.72%), Fiber: 7.41g (29.65%), Iron: 3.65mg (20.25%), Folate: 78.61µg (19.65%), Phosphorus: 176.86mg (17.69%), Calcium: 162.16mg (16.22%), Vitamin B1: 0.22mg (14.73%), Vitamin B2: 0.22mg (13.08%), Vitamin B3: 2.17mg (10.86%), Copper: 0.22mg (10.77%), Vitamin B6: 0.21mg (10.54%), Selenium: 7.21µg (10.3%), Magnesium: 41.08mg (10.27%), Vitamin B12: 0.55µg (9.25%), Zinc: 0.99mg (6.59%), Vitamin A: 269.68IU (5.39%), Potassium: 175.89mg (5.03%), Vitamin K: 4.36µg (4.16%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.49µg (3.26%), Vitamin E: 0.4mg (2.64%)