

Apple Streusel Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 large apples cored peeled chopped
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.8 cup lightly brown sugar packed
- ☐ 2 tablespoons butter cold
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 cup unprocessed wheat bran
- ☐ 0.5 cup vegetable oil

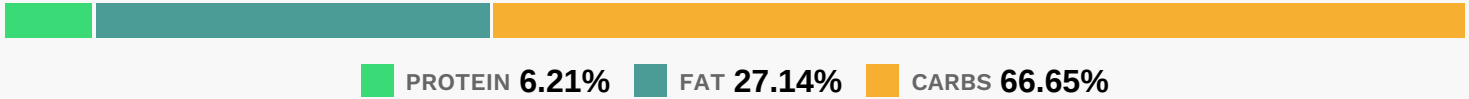
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper liners.
- ☐ Whisk flour, bran, 3/4 cup brown sugar, baking powder, baking soda, 1 teaspoon cinnamon, and salt in a large bowl until thoroughly combined. Beat milk, vegetable oil, and eggs in a separate bowl.
- ☐ Pour liquid ingredients into the flour mixture and stir just until mixed. Gently stir apples into the batter and fill prepared muffin cups about 3/4 full.
- ☐ Mix 1/4 cup flour and 1/4 cup brown sugar with 1/2 teaspoon cinnamon in a bowl; cut the butter into the brown sugar mixture until the streusel topping is crumbly.
- ☐ Sprinkle about 1 heaping teaspoon of topping onto each muffin.
- ☐ Bake muffins in the preheated oven until browned and a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:3.85, Inflammation Score:-3, Nutrition Score:6.509130363879%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 165.12kcal (8.26%), Fat: 5.35g (8.23%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 26.49g (9.63%), Sugar: 22.68g (25.2%), Cholesterol: 34.74mg (11.58%), Sodium: 384.2mg (16.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.62mg (30.82%), Fiber: 3.08g (12.31%), Phosphorus: 114.03mg (11.4%), Calcium: 110.76mg (11.08%), Selenium: 7.52µg (10.74%), Magnesium: 37.3mg (9.33%), Vitamin B2: 0.11mg (6.64%), Iron: 1.06mg (5.87%), Vitamin B6: 0.11mg (5.59%), Potassium: 165.75mg (4.74%), Vitamin B3: 0.89mg (4.47%), Vitamin B1: 0.07mg (4.43%), Vitamin K: 4.53µg (4.31%), Copper: 0.08mg (3.83%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.35mg (3.55%), Folate: 13.4µg (3.35%), Vitamin A: 151.6IU (3.03%), Vitamin B12: 0.18µg (2.98%), Vitamin E: 0.43mg (2.88%), Vitamin D: 0.37µg (2.47%), Vitamin C: 1.71mg (2.08%)