



Applesauce, Bran, and Oatmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup apple sauce
- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 tablespoon light-colored corn syrup
- 1 large eggs
- 0.5 cup milk fat-free
- 1.3 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 1 cup quick-cooking oats
- 0.5 cup raisins
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 0.8 cup wheat bran

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- ziploc bags
- muffin liners
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and the next 7 ingredients (flour through salt) in a medium bowl. Stir in raisins; make a well in center of mixture.
- Combine applesauce and next 4 ingredients (applesauce through egg); stir well with a whisk.
- Add to flour mixture, stirring just until moist. Spoon the batter into 12 muffin cups coated with cooking spray.
- Bake at 375 for 18 minutes or until the muffins spring back when touched lightly in center.
- Remove muffins from pans immediately; cool on a wire rack.
- Note: Before freezing, let the muffins cool completely on a wire rack. Store them in a heavy-duty zip-top plastic bag in your freezer for up to a month.

Nutrition Facts

PROTEIN 8.85% FAT 11.91% CARBS 79.24%

Properties

Glycemic Index:32.5, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:7.7286956362102%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 166.77kcal (8.34%), Fat: 2.34g (3.6%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 31.81g (11.57%), Sugar: 12.89g (14.32%), Cholesterol: 15.81mg (5.27%), Sodium: 168.64mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Manganese: 0.85mg (42.7%), Selenium: 11.23µg (16.05%), Fiber: 3.26g (13.05%), Magnesium: 48.44mg (12.11%), Vitamin B1: 0.18mg (11.88%), Phosphorus: 114.12mg (11.41%), Iron: 1.69mg (9.41%), Vitamin B2: 0.14mg (8.41%), Folate: 31.91µg (7.98%), Vitamin B3: 1.43mg (7.15%), Copper: 0.11mg (5.59%), Calcium: 55.22mg (5.52%), Potassium: 181.59mg (5.19%), Zinc: 0.7mg (4.68%), Vitamin B6: 0.09mg (4.67%), Vitamin B5: 0.31mg (3.08%), Vitamin K: 2.57µg (2.45%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.2µg (1.3%)