



Applesauce-Bran Muffins

READY IN



45 min.

SERVINGS



24

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup milk fat-free
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups nonfat buttermilk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup measures-like-sugar" calorie-free sweetener
- ☐ 3 cups unprocessed wheat bran

☐ 0.5 cup apple sauce unsweetened

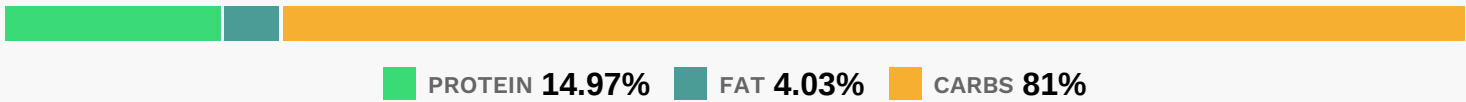
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a large bowl. Make a well in center of mixture, and set aside.
- ☐ Combine buttermilk and next 3 ingredients, stirring well with a wire whisk. Stir in bran; let stand 5 minutes.
- ☐ Add bran mixture to flour mixture, stirring just until dry ingredients are moistened.
- ☐ Spoon batter evenly into 24 muffin cups coated with cooking spray, filling three-fourths full.
- ☐ Bake at 400 for 22 to 24 minutes or until golden.
- ☐ Remove muffins from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:10.8, Inflammation Score:-3, Nutrition Score:7.3039131300605%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 91.99kcal (4.6%), Fat: 0.46g (0.7%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 17.12g (6.23%), Sugar: 5.92g (6.57%), Cholesterol: 0.47mg (0.16%), Sodium: 146.53mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Manganese: 0.92mg (46.22%), Selenium: 12.2µg

(17.42%), Fiber: 3.51g (14.04%), Magnesium: 48.37mg (12.09%), Vitamin B1: 0.15mg (9.93%), Phosphorus: 93.87mg (9.39%), Vitamin B3: 1.77mg (8.85%), Iron: 1.49mg (8.25%), Vitamin B2: 0.13mg (7.71%), Folate: 30.56µg (7.64%), Vitamin B6: 0.11mg (5.47%), Copper: 0.09mg (4.7%), Zinc: 0.68mg (4.54%), Potassium: 118.25mg (3.38%), Vitamin B5: 0.31mg (3.09%), Calcium: 17.1mg (1.71%), Vitamin E: 0.2mg (1.36%)