

# B Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 banana ripe mashed
- 0.8 cup blueberries fresh
- 0.7 cup brown sugar packed
- 1 cup buttermilk
- 0.3 cup canola oil
- 1 eggs

- 0.5 cup oat bran
- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 1.5 cups wheat bran
- 0.8 cup flour whole wheat

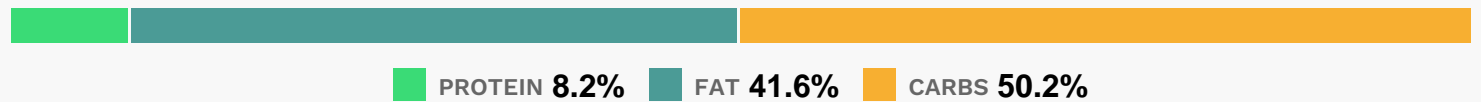
## Equipment

- bowl
- oven
- muffin liners

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with paper muffin liners.
- In a medium bowl, mix buttermilk with wheat bran. In another bowl, beat together egg, sugar, oil, banana, and vanilla.
- In a large bowl, stir together flour, oat bran, baking soda, and baking powder. Stir buttermilk mixture and egg mixture into flour mixture until flour is just moistened. Stir in berries and walnuts. Spoon batter into muffin cups.
- Bake in preheated oven for 20 minutes, or until done.

## Nutrition Facts



## Properties

Glycemic Index:27.86, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:12.201304316521%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg  
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin:  
0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg,  
Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg,  
Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,  
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 219.12kcal (10.96%), Fat: 11.32g (17.42%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 30.74g (10.25%), Net  
Carbohydrates: 25.26g (9.19%), Sugar: 15.25g (16.94%), Cholesterol: 15.84mg (5.28%), Sodium: 156.96mg (6.82%),  
Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 5.02g (10.04%), Manganese: 1.65mg (82.72%), Fiber:  
5.48g (21.92%), Selenium: 14.88µg (21.26%), Magnesium: 80.89mg (20.22%), Phosphorus: 188.9mg (18.89%),  
Copper: 0.23mg (11.36%), Vitamin B1: 0.17mg (11.2%), Vitamin B6: 0.22mg (10.93%), Vitamin E: 1.45mg (9.67%), Iron:  
1.7mg (9.42%), Vitamin B3: 1.6mg (7.99%), Vitamin B2: 0.13mg (7.93%), Zinc: 1.18mg (7.9%), Potassium: 253.53mg  
(7.24%), Calcium: 71.37mg (7.14%), Vitamin K: 6.91µg (6.58%), Folate: 21.77µg (5.44%), Vitamin B5: 0.5mg (4.99%),  
Vitamin D: 0.33µg (2.22%), Vitamin C: 1.82mg (2.2%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 66.39IU (1.33%)