



Banana-Bran Soy Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup banana ripe mashed
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup pecans finely chopped
- ☐ 2 tablespoons prune butter (such as Lekvar)

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup soy flour
- ☐ 0.7 cup soy milk
- ☐ 1 cup wheat bran

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 3 ingredients; let stand 5 minutes.
- ☐ Add sugar, baby food, and egg; mix well. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (flours through salt) in a bowl; make a well in center of mixture.
- ☐ Add bran mixture to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 375 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; cool on a wire rack.
- ☐ Note: This muffin has a dense texture.

Nutrition Facts



Properties

Glycemic Index:28.43, Glycemic Load:9.73, Inflammation Score:-4, Nutrition Score:8.9947825877563%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 130.78kcal (6.54%), Fat: 3.16g (4.86%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 20.41g (7.42%), Sugar: 7.58g (8.42%), Cholesterol: 15.5mg (5.17%), Sodium: 182.17mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Manganese: 0.87mg (43.73%), Selenium: 10.2µg (14.57%), Fiber: 3.5g (14.02%), Magnesium: 50.73mg (12.68%), Vitamin B1: 0.17mg (11.4%), Folate: 45µg (11.25%), Phosphorus: 108.29mg (10.83%), Vitamin B2: 0.18mg (10.66%), Vitamin B3: 2.12mg (10.62%), Copper: 0.2mg (10.05%), Iron: 1.64mg (9.09%), Vitamin B6: 0.17mg (8.74%), Calcium: 78.96mg (7.9%), Potassium: 232.95mg (6.66%), Zinc: 0.76mg (5.04%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.34mg (3.42%), Vitamin K: 3.44µg (3.27%), Vitamin B12: 0.18µg (2.98%), Vitamin C: 2.08mg (2.52%), Vitamin A: 106.27IU (2.13%), Vitamin D: 0.24µg (1.6%)