



Banana-Cranberry Spice Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup all-bran cereal
- 1 eggs
- 0.8 cup skim milk fat-free (skim)
- 3 tablespoons vegetable oil
- 1 cup banana ripe mashed (2 medium)
- 1.3 cups flour all-purpose
- 0.5 cup sugar
- 3 teaspoons double-acting baking powder

- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.5 cup cranberries dried sweetened

Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- wire rack
- ziploc bags
- muffin liners
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or use paper baking cups.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- In medium bowl, beat egg, milk and oil with fork or wire whisk until well mixed. Beat in bananas. Stir in crushed cereal; let stand 5 minutes.
- Stir in remaining ingredients except cranberries until blended. Stir in cranberries. Divide batter evenly among muffin cups.
- Bake 20 to 25 minutes or until light golden brown. Immediately remove from pan to cooling rack.
- Serve warm.

Nutrition Facts

PROTEIN 7.34% FAT 22.35% CARBS 70.31%

Properties

Glycemic Index:37.07, Glycemic Load:15.94, Inflammation Score:-5, Nutrition Score:10.36260864009%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 161.21kcal (8.06%), Fat: 4.28g (6.59%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 27.75g (10.09%), Sugar: 15.16g (16.84%), Cholesterol: 14.1mg (4.7%), Sodium: 180.01mg (7.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Vitamin B6: 0.69mg (34.45%), Manganese: 0.55mg (27.56%), Folate: 96.08µg (24.02%), Vitamin B12: 1.09µg (18.21%), Vitamin B1: 0.23mg (15.62%), Vitamin B2: 0.25mg (14.9%), Phosphorus: 122.38mg (12.24%), Calcium: 106.02mg (10.6%), Fiber: 2.56g (10.23%), Iron: 1.76mg (9.78%), Selenium: 6.54µg (9.35%), Vitamin B3: 1.67mg (8.34%), Magnesium: 27.87mg (6.97%), Vitamin K: 7.07µg (6.73%), Zinc: 0.88mg (5.85%), Copper: 0.09mg (4.5%), Potassium: 145.73mg (4.16%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.46µg (3.09%), Vitamin A: 149.83IU (3%), Vitamin B5: 0.28mg (2.76%), Vitamin C: 2.14mg (2.59%)