



Blueberry Bran Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups bran cereal
- 1.3 teaspoons baking soda
- 1 cup buttermilk
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.5 cup vegetable oil

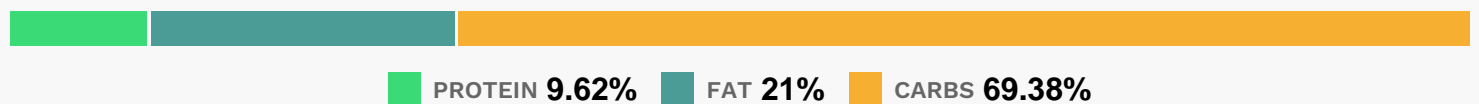
Equipment

- bowl
- oven
- whisk
- muffin liners
- muffin tray

Directions

- Preheat oven to 400 degrees F. Spray 12-cup muffin tin with non-stick baking spray.
- Combine sugar, egg and oil in a large bowl and stir together with a wire whisk.
- Add buttermilk and blueberry juice cocktail and stir with whisk until blended.
- Combine bran cereal, flour, baking soda and salt in a separate bowl.
- Add to juice mixture and stir just until dry ingredients are moistened. Fold in blueberries.
- Let mixture sit 20 minutes to allow cereal to soften.
- Scoop evenly into muffin cups.
- Bake for 18 to 20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:14.86, Inflammation Score:-6, Nutrition Score:12.230434847915%

Nutrients (% of daily need)

Calories: 133.25kcal (6.66%), Fat: 3.36g (5.17%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.37g (8.13%), Sugar: 10.56g (11.73%), Cholesterol: 15.84mg (5.28%), Sodium: 208.99mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin B6: 0.95mg (47.46%), Manganese: 0.67mg (33.27%), Folate: 128.08µg (32.02%), Vitamin B12: 1.58µg (26.36%), Vitamin B1: 0.29mg (19.27%), Vitamin B2: 0.33mg (19.24%), Phosphorus: 127.45mg (12.74%), Iron: 2.04mg (11.35%), Fiber: 2.62g (10.49%), Selenium: 7.06µg (10.08%), Vitamin B3: 1.94mg (9.68%), Magnesium: 33.36mg (8.34%), Zinc: 1.18mg (7.84%), Calcium: 57.27mg (5.73%), Copper: 0.11mg (5.38%), Vitamin D: 0.67µg (4.44%), Vitamin A: 188.19IU (3.76%), Vitamin K: 3.85µg (3.67%),

Potassium: 125.22mg (3.58%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.3mg (2.01%), Vitamin C: 1.55mg (1.88%)