



Blueberry-Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons vegetable oil

☐ 1.5 cups shreds of wheat bran cereal (such as All-Bran)

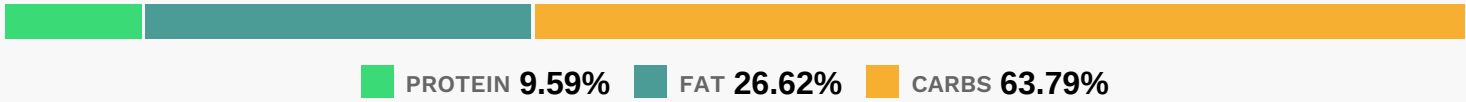
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Combine cereal and milk in a large bowl, stirring well.
- ☐ Let stand 10 minutes.
- ☐ Add sugar, oil, and egg to cereal mixture; stir well.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt; add to cereal mixture, stirring just until moist. Gently fold in blueberries.
- ☐ Place 12 paper liners in muffin cups; spoon batter into cups, filling three-fourths full.
- ☐ Bake at 400 for 18 to 20 minutes or until muffins spring back when touched.
- ☐ Remove from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:13.08, Inflammation Score:-4, Nutrition Score:8.7652173042297%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 139.81kcal (6.99%), Fat: 4.51g (6.93%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 20.61g (7.5%), Sugar: 10.84g (12.04%), Cholesterol: 16.73mg (5.58%), Sodium: 218.96mg (9.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Manganese: 0.95mg (47.44%), Selenium: 11.02µg (15.74%), Fiber: 3.68g (14.73%), Phosphorus: 141.44mg (14.14%), Magnesium: 51.05mg (12.76%), Calcium: 99.81mg (9.98%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.15mg (9.02%), Vitamin K: 8.84µg (8.42%), Vitamin B3: 1.68mg (8.42%), Iron: 1.48mg (8.2%), Folate: 27.98µg (7%), Vitamin B6: 0.13mg (6.35%), Zinc: 0.78mg (5.2%), Copper: 0.1mg (4.92%), Potassium: 151.42mg (4.33%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.51mg (3.41%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.35µg (2.36%), Vitamin A: 78IU (1.56%), Vitamin C: 1.2mg (1.45%)