



Blueberry Nut Oat Bran Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.1 cups apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups blueberries
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup egg substitute
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 cup cereal low fat
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups oat bran
- ☐ 0.3 ounce pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

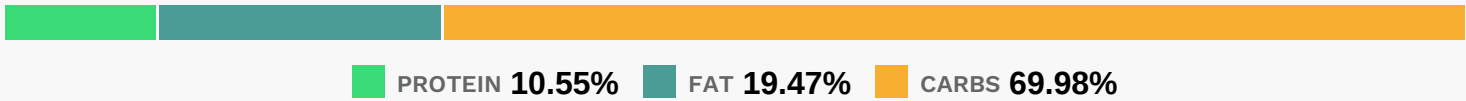
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a 12 cup muffin pan with paper muffin liners, and spray liners with cooking spray.
- ☐ In a large bowl, mix the oat bran, flour, brown sugar, baking soda, baking powder, cinnamon, and salt. In a separate bowl, blend the applesauce, egg substitute, canola oil, and vanilla extract. Thoroughly mix the applesauce mixture into the flour mixture. Fold in the blueberries and pecans. Spoon the batter into the prepared muffin cups.
- ☐ Sprinkle batter with granola, and press granola lightly to make it stick.
- ☐ Bake 18 minutes in the preheated oven, or until a toothpick inserted into a muffin comes out clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:23.04, Glycemic Load:13.85, Inflammation Score:-4, Nutrition Score:10.613478186338%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.6mg, Delphinidin: 6.6mg, Delphinidin: 6.6mg, Delphinidin: 6.6mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 203.73kcal (10.19%), Fat: 4.97g (7.64%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 36.33g (13.21%), Sugar: 14.45g (16.05%), Cholesterol: 0mg (0%), Sodium: 375.71mg (16.34%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 6.06g (12.11%), Manganese: 1.22mg (60.92%), Selenium: 17.31µg (24.73%), Vitamin B1: 0.34mg (22.85%), Phosphorus: 169.22mg (16.92%), Fiber: 3.84g (15.35%), Iron: 2.23mg (12.38%), Magnesium: 48.47mg (12.12%), Folate: 41.75µg (10.44%), Vitamin B2: 0.17mg (10.21%), Calcium: 73.7mg (7.37%), Vitamin E: 1.08mg (7.19%), Copper: 0.13mg (6.45%), Vitamin B3: 1.24mg (6.21%), Vitamin K: 6.19µg (5.9%), Zinc: 0.85mg (5.63%), Potassium: 189.79mg (5.42%), Vitamin B5: 0.54mg (5.38%), Vitamin B6: 0.07mg (3.61%), Vitamin C: 2.09mg (2.53%), Vitamin D: 0.16µg (1.07%)