



Blueberry Orange Bran Muffin

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup blueberries fresh
- ☐ 0.7 cup brown sugar
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 juice of orange juiced
- ☐ 0.5 cup milk

- ☐ 0.5 cup oat bran
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup wheat bran

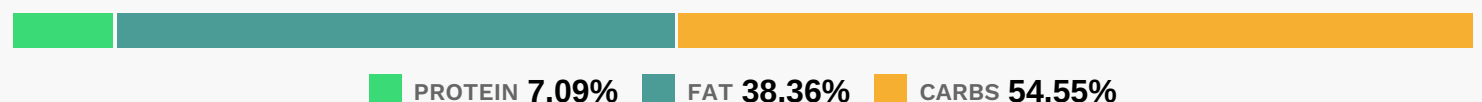
Equipment

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

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
- ☐ Combine the oat bran and wheat bran in a large bowl. Stir in sour cream and milk. Allow mixture to stand for 10 minutes.
- ☐ Combine flour, baking powder, baking soda, brown sugar, and salt in a separate bowl. Gently stir blueberries into the flour mixture, carefully coating all the blueberries with flour. Stir vegetable oil, orange juice and zest, egg, and vanilla extract into the bran mixture.
- ☐ Combine flour mixture with the wet ingredients until just blended. Drop batter into lined muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.79, Glycemic Load:8.7, Inflammation Score:-4, Nutrition Score:8.9491304107334%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 201.37kcal (10.07%), Fat: 9.3g (14.31%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 26.33g (9.57%), Sugar: 14.5g (16.11%), Cholesterol: 20.51mg (6.84%), Sodium: 239.6mg (10.42%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.87g (7.73%), Manganese: 0.96mg (48.09%), Selenium: 11.38µg (16.26%), Fiber: 3.43g (13.71%), Vitamin K: 13.99µg (13.32%), Phosphorus: 131.72mg (13.17%), Vitamin B1: 0.18mg (12.25%), Magnesium: 48.71mg (12.18%), Vitamin B2: 0.14mg (8.48%), Iron: 1.51mg (8.38%), Folate: 30.14µg (7.54%), Vitamin B3: 1.43mg (7.14%), Calcium: 63.35mg (6.33%), Vitamin B6: 0.11mg (5.28%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (5.16%), Zinc: 0.73mg (4.85%), Potassium: 165.1mg (4.72%), Vitamin C: 3.78mg (4.58%), Vitamin B5: 0.39mg (3.93%), Vitamin A: 113.07IU (2.26%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.19µg (1.23%)