



## Bran and Applesauce Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apple sauce
- 0.3 cup brown sugar packed
- 1 Tbsp calumet baking powder
- 1 eggs
- 1 cup milk fat-free
- 1.3 cups flour
- 0.5 tsp ground cinnamon
- 0.3 tsp ground nutmeg

- 2 Tbsp oil
- 2 cups raisin bran cereal
- 0.3 tsp salt

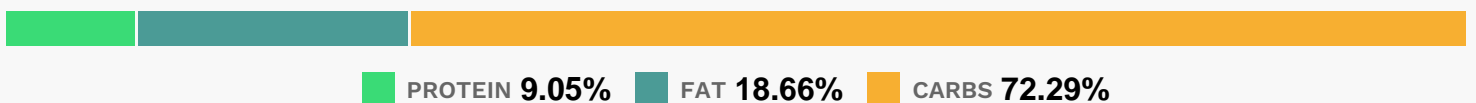
## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin tray

## Directions

- Heat oven to 400F.
- Pour milk over cereal in medium bowl; stir.
- Let stand 3 min. Meanwhile, combine flour, sugar, baking powder, spices and salt; set aside.
- Whisk egg, applesauce and oil in large bowl until blended.
- Add cereal mixture to applesauce mixture; mix well.
- Add flour mixture; stir just until moistened. (Batter will be lumpy.)
- Spoon into 12 prepared muffin pan cups.
- Bake 20 min. or until toothpick inserted in centers comes out clean and tops are golden brown. Cool in pan 3 min.
- Remove to wire rack; cool slightly.

## Nutrition Facts



## Properties

Glycemic Index:45.88, Glycemic Load:15.57, Inflammation Score:-6, Nutrition Score:14.130869511677%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 281.2kcal (14.06%), Fat: 6.02g (9.27%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 48.74g (17.72%), Sugar: 22.43g (24.92%), Cholesterol: 28.5mg (9.5%), Sodium: 415.56mg (18.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Manganese: 0.87mg (43.3%), Folate: 119.4µg (29.85%), Iron: 5.31mg (29.51%), Vitamin B1: 0.35mg (23.59%), Vitamin B2: 0.36mg (21.15%), Calcium: 201.44mg (20.14%), Phosphorus: 198.67mg (19.87%), Selenium: 13.28µg (18.97%), Vitamin B3: 3.3mg (16.49%), Fiber: 3.76g (15.04%), Vitamin B12: 0.79µg (13.23%), Magnesium: 47.1mg (11.77%), Vitamin B6: 0.22mg (10.8%), Zinc: 1.22mg (8.16%), Vitamin A: 379.49IU (7.59%), Vitamin E: 1.05mg (7.02%), Potassium: 242.4mg (6.93%), Copper: 0.14mg (6.77%), Vitamin D: 0.93µg (6.2%), Vitamin B5: 0.44mg (4.38%), Vitamin K: 3.97µg (3.78%)