



Bran Flakes Muffins with Raisins

READY IN



40 min.

SERVINGS



12

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1 cup bran flakes cereal with raisins
- 1 eggs
- 1 cup flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.3 cup shortening
- 0.3 cup sugar white

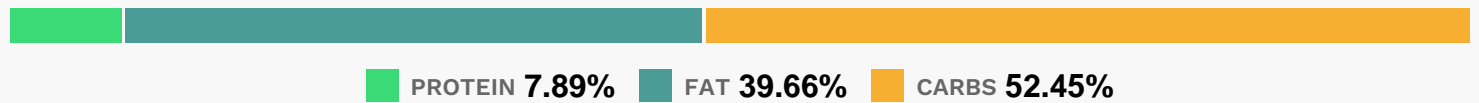
Equipment

- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease 12 muffin cups.
- Combine raisin bran cereal and milk.
- Let stand until mixture is moistened. Beat in egg and shortening.
- Mix in flour, baking powder, salt and sugar, stirring only until combined. Fill greased muffin pans 2/3 full.
- Bake in preheated oven for 30 minutes, until toothpick inserted into center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.95, Glycemic Load:10.64, Inflammation Score:-3, Nutrition Score:4.710869555888%

Nutrients (% of daily need)

Calories: 117.48kcal (5.87%), Fat: 5.29g (8.14%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 14.86g (5.4%), Sugar: 5.55g (6.17%), Cholesterol: 15.47mg (5.16%), Sodium: 214.65mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Folate: 43.02µg (10.75%), Selenium: 6.72µg (9.61%), Manganese: 0.19mg (9.61%), Vitamin B1: 0.14mg (9.06%), Iron: 1.58mg (8.77%), Vitamin B2: 0.14mg (8.04%), Calcium: 72.95mg (7.3%), Phosphorus: 67.14mg (6.71%), Vitamin B3: 1.19mg (5.95%), Vitamin B12: 0.28µg (4.69%), Vitamin B6: 0.08mg (3.84%), Fiber: 0.89g (3.57%), Magnesium: 12.42mg (3.11%), Vitamin A: 127.84IU (2.56%), Vitamin D: 0.35µg (2.34%), Zinc: 0.35mg (2.33%), Vitamin K: 2.41µg (2.29%), Vitamin E: 0.34mg (2.27%), Vitamin B5: 0.22mg (2.17%), Copper: 0.03mg (1.75%), Potassium: 57.12mg (1.63%)