



Bran-Gingerum Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



16

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon allspice
- ☐ 0.7 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2.8 cups bran flakes cereal
- ☐ 1.5 tablespoons brown sugar
- ☐ 1.3 cups buckwheat flour
- ☐ 1 extra large eggs

- ☐ 2 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup milk 1% low-fat
- ☐ 0.7 cup yogurt plain low-fat
- ☐ 0.3 teaspoon pumpkin pie spice
- ☐ 2.5 tablespoons strawberry jam
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 1.3 cups wheat bran
- ☐ 1 cup flour whole wheat

Equipment

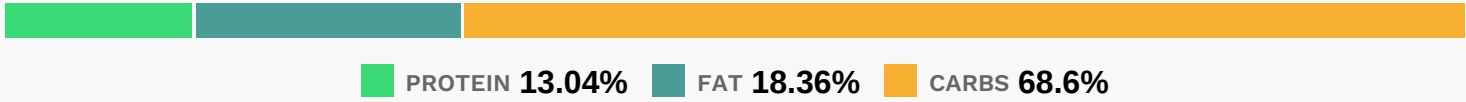
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly coat muffin cups with cooking spray or line with paper muffin liners.
- ☐ In a medium bowl, beat together oil, applesauce, milk, yogurt, egg, strawberry jam, and vanilla extract.
- ☐ In a food processor, grind bran flake cereal to a fine powder; this should make about 1 1/4 cups flour.
- ☐ Transfer to a large bowl, and stir together with whole wheat flour, wheat bran, buckwheat flour, baking powder, baking soda, brown sugar, ground ginger, pumpkin pie spice, allspice, and ground nutmeg.

- ☐
- Pour in applesauce mixture, and mix thoroughly. Spoon mixture into prepared muffin cups, filling until level with the top of the muffin cups.
- ☐
- Bake in preheated oven 26 to 30 minutes, or until muffins test done with a toothpick.
- ☐
- Remove muffins from pan, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:21.64, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:12.838695570179%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 142.95kcal (7.15%), Fat: 3.19g (4.9%), Saturated Fat: 0.73g (4.53%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 21.66g (7.88%), Sugar: 6.72g (7.47%), Cholesterol: 14.37mg (4.79%), Sodium: 152.87mg (6.65%), Alcohol: 0.28g (100%), Alcohol %: 0.48% (100%), Protein: 5.1g (10.19%), Manganese: 1.36mg (68%), Magnesium: 82.53mg (20.63%), Fiber: 5.14g (20.55%), Selenium: 14.27µg (20.38%), Iron: 3.26mg (18.11%), Phosphorus: 179.06mg (17.91%), Folate: 61.6µg (15.4%), Vitamin B6: 0.29mg (14.33%), Vitamin B3: 2.78mg (13.92%), Vitamin B1: 0.21mg (13.84%), Vitamin B2: 0.22mg (12.81%), Zinc: 1.38mg (9.18%), Vitamin B12: 0.52µg (8.7%), Copper: 0.17mg (8.57%), Calcium: 69.46mg (6.95%), Potassium: 240.22mg (6.86%), Vitamin A: 229.28IU (4.59%), Vitamin B5: 0.42mg (4.2%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.46µg (3.06%), Vitamin E: 0.41mg (2.71%)