



Bran Muffins a la Brian

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 1 tablespoon blackstrap molasses

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1.3 cups wheat bran

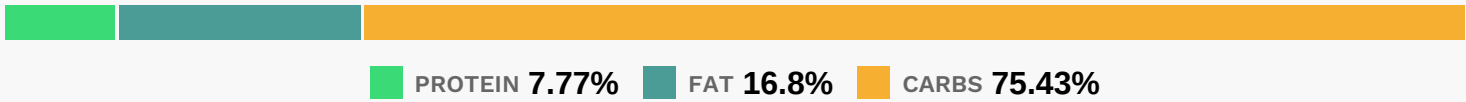
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Grease a 12 cup muffin tin, or line with paper muffin liners. In a small bowl, mix together the wheat bran and buttermilk. Set aside to soak until thickened, about 10 minutes.
- ☐ In a large bowl, use an electric mixer to blend together the brown sugar, vegetable oil, egg and molasses. Stir in the bran mixture.
- ☐ Combine the flour, baking powder, baking soda and salt; stir into the batter until just moistened.
- ☐ Mix in raisins. Spoon batter into muffin cups, filling 3/4 full.
- ☐ Bake for 15 to 20 minutes in the preheated oven, until the tops spring back when lightly pressed.

Nutrition Facts



Properties

Glycemic Index:28.39, Glycemic Load:9.82, Inflammation Score:-3, Nutrition Score:7.6760869693497%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 160.18kcal (8.01%), Fat: 3.22g (4.95%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.37g (10.68%), Sugar: 19.2g (21.33%), Cholesterol: 15.84mg (5.28%), Sodium: 255.16mg (11.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Manganese: 0.82mg (41.04%), Selenium: 10.59µg (15.13%), Fiber: 3.11g (12.44%), Magnesium: 49.12mg (12.28%), Phosphorus: 111.85mg (11.18%), Vitamin B2: 0.15mg (8.77%), Iron: 1.52mg (8.42%), Vitamin B1: 0.13mg (8.36%), Vitamin B3: 1.56mg (7.79%), Calcium: 68.7mg (6.87%), Folate: 26.88µg (6.72%), Vitamin B6: 0.13mg (6.64%), Copper: 0.12mg (5.98%), Potassium: 202.28mg (5.78%), Zinc: 0.66mg (4.43%), Vitamin K: 3.77µg (3.59%), Vitamin B5: 0.35mg (3.5%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Vitamin E: 0.3mg (2.03%), Vitamin A: 53.34IU (1.07%)