



Buttermilk-Raisin Bran Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1.3 cups buttermilk
- 2 cups raisin cereal fiber one® raisin bran clusters®
- 1 eggs
- 1.3 cups flour all-purpose gold medal®
- 0.5 cup raisins
- 0.3 teaspoon salt

- 1 teaspoon vanilla
- 0.3 cup vegetable oil

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- toothpicks
- ziploc bags
- muffin liners
- rolling pin
- meat tenderizer

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening, spray with cooking spray or line with paper baking cups. Lightly spray paper baking cups with cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor). In medium bowl, stir cereal, buttermilk, raisins and vanilla until well mixed. Beat in oil and egg with fork until blended.
- In another medium bowl, stir remaining ingredients except butter until well mixed; stir into cereal mixture just until moistened. Divide batter evenly among muffin cups.
- Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. If baked in greased pan, let stand 5 minutes in pan, then remove from pan to cooling rack. If baked in paper baking cups, immediately remove from pan to cooling rack.
- Serve with butter.

Nutrition Facts



■ PROTEIN 7.07% ■ FAT 27.26% ■ CARBS 65.67%

Properties

Glycemic Index:13.73, Glycemic Load:10.11, Inflammation Score:-4, Nutrition Score:7.3695651655612%

Nutrients (% of daily need)

Calories: 193.82kcal (9.69%), Fat: 6.04g (9.29%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 30.61g (11.13%), Sugar: 13.44g (14.93%), Cholesterol: 16.39mg (5.46%), Sodium: 213.22mg (9.27%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.52g (7.04%), Manganese: 0.43mg (21.47%), Folate: 60.41µg (15.1%), Iron: 2.7mg (14.99%), Vitamin B1: 0.18mg (12.08%), Vitamin B2: 0.2mg (12.01%), Selenium: 7.19µg (10.27%), Vitamin B3: 1.71mg (8.54%), Fiber: 2.11g (8.44%), Vitamin K: 8.66µg (8.25%), Phosphorus: 80.83mg (8.08%), Vitamin B12: 0.39µg (6.56%), Magnesium: 25mg (6.25%), Vitamin B6: 0.11mg (5.74%), Potassium: 166.91mg (4.77%), Calcium: 46.45mg (4.64%), Copper: 0.09mg (4.49%), Zinc: 0.62mg (4.14%), Vitamin D: 0.57µg (3.77%), Vitamin A: 186.03IU (3.72%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.24mg (2.43%)