



Cereal Apple-Cran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup apple sauce sweetened
- 0.3 cup skim milk fat-free (skim)
- 2 tablespoons vegetable oil
- 1 eggs fat-free
- 3 cups corn flakes/bran flakes crushed oatmeal crisp®
- 1.3 cups flour all-purpose
- 0.5 cup brown sugar packed
- 1 teaspoon ground cinnamon

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.5 cup cranberries dried sweetened
- 0.5 teaspoon granulated sugar

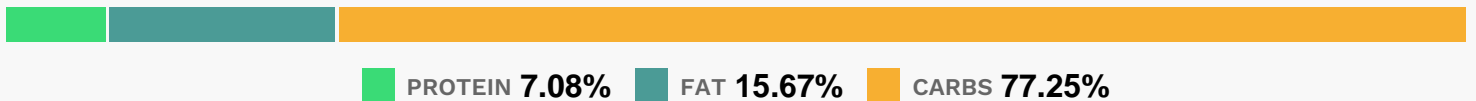
Equipment

- bowl
- oven
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups; spray bottoms with cooking spray.
- In large bowl, mix applesauce, milk, oil and egg until blended. Stir in remaining ingredients except coarse sugar just until moistened. Divide batter evenly among muffin cups.
- Sprinkle with coarse sugar.
- Bake 18 to 22 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:12, Inflammation Score:-5, Nutrition Score:9.0573912891357%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 165.81kcal (8.29%), Fat: 3.03g (4.66%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 30.93g (11.25%), Sugar: 16.41g (18.24%), Cholesterol: 13.84mg (4.61%), Sodium: 169.13mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Manganese: 0.5mg (24.95%), Folate: 92.95µg (23.24%), Iron: 3.64mg (20.22%), Vitamin B1: 0.24mg (16.14%), Selenium: 11.12µg (15.88%), Vitamin B2: 0.24mg (13.89%), Vitamin B3: 2.5mg (12.51%), Fiber: 2.71g (10.82%), Vitamin B6: 0.2mg (9.8%), Vitamin B12: 0.57µg (9.54%), Phosphorus: 82.45mg (8.24%), Magnesium: 28.7mg (7.17%), Vitamin A: 288.6IU (5.77%), Calcium: 47.32mg (4.73%), Vitamin K: 4.87µg (4.64%), Zinc: 0.68mg (4.56%), Copper: 0.08mg (4.19%), Vitamin D: 0.48µg (3.19%), Potassium: 110.4mg (3.15%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.25mg (2.54%)