



Cherry Wheat Germ Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup cherries dried coarsely chopped
- ☐ 0.5 cup wheat germ toasted
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground allspice

- ☐ 1 cup buttermilk
- ☐ 0.3 cup canola oil
- ☐ 1 eggs

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups; spray paper cups with cooking spray.
- ☐ In large bowl, stir flour, cherries, wheat germ, brown sugar, baking powder, baking soda, salt and allspice; make well in center of mixture. In medium bowl, beat buttermilk, oil and egg with whisk; add to flour mixture, stirring just until moistened. Divide batter evenly among muffin cups.
- ☐ Bake 15 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:9.02, Inflammation Score:-4, Nutrition Score:7.3413044066857%

Nutrients (% of daily need)

Calories: 192.23kcal (9.61%), Fat: 6.3g (9.69%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 28.27g (10.28%), Sugar: 13.85g (15.38%), Cholesterol: 15.84mg (5.28%), Sodium: 254.33mg (11.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Manganese: 0.75mg (37.66%), Selenium: 11.07µg (15.81%), Vitamin B1: 0.22mg (14.92%), Folate: 44.89µg (11.22%), Vitamin B2: 0.15mg (8.96%), Phosphorus: 89.2mg (8.92%), Iron: 1.32mg (7.35%), Fiber: 1.78g (7.11%), Vitamin A: 321.96IU (6.44%), Vitamin B3: 1.28mg (6.4%), Calcium: 63.61mg (6.36%), Vitamin E: 0.88mg (5.86%), Zinc: 0.82mg (5.5%), Magnesium: 18.3mg (4.58%), Vitamin B6: 0.09mg (4.32%), Copper: 0.07mg (3.65%), Vitamin K: 3.45µg (3.28%), Vitamin B5: 0.32mg (3.21%), Potassium: 104.23mg (2.98%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%)