



## Claim Jumper Bran Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup all purpose whole wheat white
- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 2 Tbsp plus
- ☐ 3 Tbsp brown sugar dark packed
- ☐ 0.3 cup plus dark
- ☐ 1 large eggs
- ☐ 4 tsp milk powder dry
- ☐ 2 Tbsp blackstrap molasses

- ☐ 0.3 tsp orange zest   grated
- ☐ 0.3 cup raisins
- ☐ 0.3 tsp salt
- ☐ 3 Tbsp shortening
- ☐ 3 Tbsp sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tsp water
- ☐ 1 cup wheat bran

## Equipment

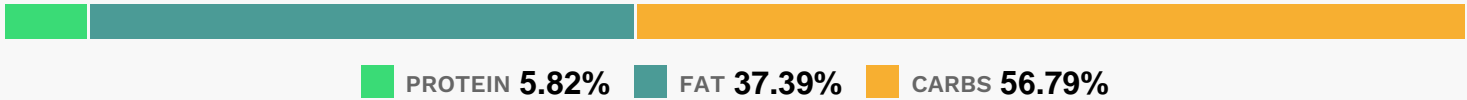
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil
- ☐ wax paper
- ☐ muffin liners
- ☐ muffin tray
- ☐ pastry brush

## Directions

- ☐ Distribute about 1 Tbsp glaze onto bottom and sides of 12 muffin tins with pastry brush — I skipped this step and just sprayed 12 muffin cups with cooking spray. I guess if you use the glaze, you serve the muffins upside down? I'm not sure, but putting the glaze in the muffin tins is an interesting step.
- ☐ Combine flour, bran, milk powder, baking powder, baking soda, and salt. Stir well and set aside.
- ☐ Mix together brown sugar, dark corn syrup, molasses, oil and egg in separate bowl until well blended. Puree raisins and orange zest with water in blender or food processor.

☐ Add to liquid ingredients.Stir liquid ingredients into dry ingredients until just moistened.Fill muffin tins 2/3 full (I filled mine almost to the rim and that was a mistake. Rims spread) and bake at 350 degrees for 20 minutes or until toothpick inserted comes out clean.Immediately invert onto foil or wax paper to cool.

## Nutrition Facts



## Properties

Glycemic Index:38.41, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:5.8704348076945%

## Nutrients (% of daily need)

Calories: 201.61kcal (10.08%), Fat: 8.99g (13.83%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.38g (9.96%), Sugar: 17.39g (19.32%), Cholesterol: 17.09mg (5.7%), Sodium: 192.28mg (8.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Manganese: 0.63mg (31.43%), Fiber: 3.35g (13.39%), Magnesium: 41.62mg (10.41%), Vitamin K: 10.19µg (9.71%), Selenium: 6.2µg (8.86%), Phosphorus: 76.88mg (7.69%), Iron: 1.15mg (6.4%), Vitamin B6: 0.11mg (5.34%), Potassium: 184.86mg (5.28%), Vitamin E: 0.69mg (4.62%), Calcium: 45.53mg (4.55%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.33%), Vitamin B3: 0.75mg (3.76%), Zinc: 0.5mg (3.32%), Vitamin B1: 0.04mg (2.74%), Vitamin B5: 0.26mg (2.63%), Vitamin D: 0.26µg (1.71%), Folate: 6.55µg (1.64%), Vitamin B12: 0.09µg (1.51%)