



Cran-Orange Bran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



17

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cups yogurt plain fat-free
- 1.3 cups all-bran cereal 100%
- 1 cup flour all-purpose
- 1 cup flour whole wheat
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.5 cup orange juice

- 0.5 cup honey
- 0.3 cup butter melted
- 1 large eggs beaten
- 1 tablespoon orange zest grated
- 1 cup cranberries dried

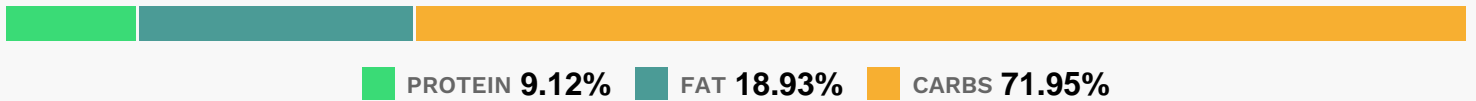
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- In a bowl, combine yogurt and cereal; let stand for 5 minutes. In a large bowl, combine flours, baking powder, baking soda and salt. Stir the orange juice, honey, butter, egg and orange zest into yogurt mixture. Stir into dry ingredients just until moistened. Fold in cranberries.
- Coat muffin cups with cooking spray; fill three-fourths full.
- Bake at 375° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from the pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:21.53, Glycemic Load:9.76, Inflammation Score:-5, Nutrition Score:10.37956523377%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 157.62kcal (7.88%), Fat: 3.59g (5.52%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 27.93g (10.16%), Sugar: 16.23g (18.03%), Cholesterol: 18.5mg (6.17%), Sodium: 203.79mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Manganese: 0.7mg (35.25%), Vitamin B6: 0.6mg (30.15%), Folate: 82.56µg (20.64%), Vitamin B12: 1.01µg (16.77%), Vitamin B1: 0.22mg (14.34%), Vitamin B2: 0.24mg (14.08%), Phosphorus: 134.95mg (13.5%), Selenium: 9.05µg (12.92%), Fiber: 2.74g (10.96%), Calcium: 92.23mg (9.22%), Iron: 1.61mg (8.93%), Magnesium: 33.36mg (8.34%), Vitamin B3: 1.57mg (7.85%), Zinc: 1.06mg (7.08%), Vitamin C: 5.28mg (6.4%), Copper: 0.1mg (5.18%), Potassium: 157.97mg (4.51%), Vitamin A: 197IU (3.94%), Vitamin B5: 0.33mg (3.33%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.25µg (1.7%), Vitamin K: 1.22µg (1.17%)