



Double Apple Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 1 large eggs
- 1 large egg white
- 0.8 cup milk fat-free
- 4.5 ounces flour all-purpose
- 0.5 cup apples i use 2 granny smith apples peeled coarsely chopped

- 0.5 teaspoon ground cinnamon
- 1 tablespoon blackstrap molasses
- 1.5 cups oat bran
- 0.8 teaspoon salt
- 0.3 cup apple sauce unsweetened
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- oven
- knife
- blender
- muffin liners
- measuring cup

Directions

- Preheat oven to 400
- Place 12 paper muffin cup liners in muffin cups; set aside.
- Combine brown sugar and butter in a medium bowl; beat with a mixer at medium-high speed until light and fluffy (about 5 minutes).
- Add egg; beat 1 minute or until well blended. Beat in egg white until well blended.
- Add milk, applesauce, molasses, and vanilla extract; beat on low speed until well blended.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, bran, baking powder, salt, and cinnamon in a large bowl; make a well in center of mixture.
- Add milk mixture to flour mixture, stirring just until moist. Gently stir in apples.
- Spoon batter evenly into prepared muffin cups.
- Sprinkle evenly with turbinado sugar, if desired.
- Bake at 400 for 18 minutes or until muffins spring back when touched lightly in center.

Nutrition Facts

PROTEIN 10.68% FAT 25.46% CARBS 63.86%

Properties

Glycemic Index:32.15, Glycemic Load:11.14, Inflammation Score:-4, Nutrition Score:8.4121737687484%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 167.56kcal (8.38%), Fat: 5.42g (8.34%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 27.78g (10.1%), Sugar: 12.24g (13.6%), Cholesterol: 26.13mg (8.71%), Sodium: 249.68mg (10.86%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 5.12g (10.24%), Manganese: 0.97mg (48.44%), Selenium: 12.99µg (18.56%), Vitamin B1: 0.27mg (18.16%), Phosphorus: 160.49mg (16.05%), Magnesium: 45.8mg (11.45%), Fiber: 2.82g (11.29%), Iron: 1.61mg (8.92%), Vitamin B2: 0.14mg (8.32%), Calcium: 76.03mg (7.6%), Folate: 30.18µg (7.54%), Potassium: 179.81mg (5.14%), Copper: 0.1mg (4.77%), Zinc: 0.68mg (4.55%), Vitamin B5: 0.43mg (4.31%), Vitamin B3: 0.83mg (4.15%), Vitamin A: 176.45IU (3.53%), Vitamin B6: 0.06mg (3.21%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.25µg (1.68%)