



Fig Bran Muffins

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups bran cereal recommended: All-Bran
- ☐ 0.8 cup natural applesauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs beaten
- ☐ 1 cup figs dried whole chopped
- ☐ 0.5 cup honey
- ☐ 1 cup lowfat milk

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons unsulfured molasses
- ☐ 1.5 cups flour whole-wheat

Equipment

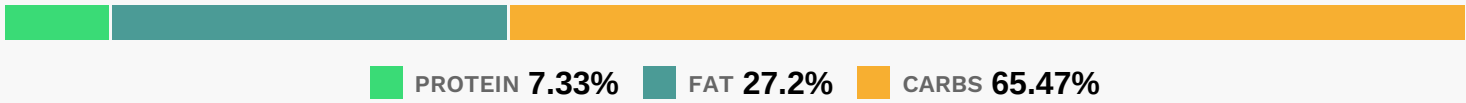
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F. Coat a 12-capacity muffin pan with cooking spray. Thinly slice the whole figs.
- ☐ In a large bowl, combine the cereal and milk.
- ☐ Let sit until softened, about 5 minutes. Meanwhile, whisk together the whole-wheat flour, baking powder and salt in a separate bowl.
- ☐ Add the applesauce, honey, oil, molasses, and egg to the cereal mixture and stir until combined.
- ☐ Add the flour mixture and stir until just combined. Gently stir in the chopped figs. Spoon the batter into the prepared pan and top each muffin with a fig slice. Tap the pan on the counter a few times to remove any air bubbles.
- ☐ Bake for about 20 minutes or until a wooden toothpick inserted in center of 1 of the muffins comes out clean.
- ☐ Let cool on a wire rack for 15 minutes. If necessary, run a knife around the muffins to loosen. Unmold and cool completely on a rack.

- ☐
- Excellent source of: Fiber, Vitamin B6, Vitamin B12, Folate, Manganese, Phosphorus
- ☐
- Good source of: Thiamin, Riboflavin, Niacin, Calcium, Iron, Magnesium, Potassium, Selenium, Zinc

Nutrition Facts



Properties

Glycemic Index:21.99, Glycemic Load:11.05, Inflammation Score:-6, Nutrition Score:16.839565194171%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 230.95kcal (11.55%), Fat: 7.69g (11.84%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 36.37g (13.23%), Sugar: 23.74g (26.37%), Cholesterol: 16.48mg (5.49%), Sodium: 240.12mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Manganese: 1.32mg (65.79%), Vitamin B6: 1.05mg (52.65%), Folate: 112.33µg (28.08%), Vitamin B12: 1.61µg (26.9%), Fiber: 5.29g (21.16%), Phosphorus: 203.77mg (20.38%), Vitamin B1: 0.28mg (18.67%), Selenium: 12.52µg (17.89%), Vitamin B2: 0.3mg (17.74%), Magnesium: 68.99mg (17.25%), Calcium: 149.59mg (14.96%), Iron: 2.59mg (14.4%), Zinc: 1.62mg (10.78%), Copper: 0.21mg (10.33%), Vitamin B3: 2.05mg (10.27%), Vitamin E: 1.4mg (9.36%), Potassium: 322.47mg (9.21%), Vitamin K: 7.17µg (6.83%), Vitamin D: 0.63µg (4.22%), Vitamin A: 203.45IU (4.07%), Vitamin B5: 0.4mg (4.04%), Vitamin C: 1.92mg (2.33%)