



Flaxseed Golden Harvest Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup corn flakes/bran flakes
- 0.7 cup skim milk fat-free (skim)
- 1 cup flour all-purpose
- 0.8 cup ground flaxseed
- 0.8 cup apples chopped
- 0.5 cup brown sugar packed
- 0.5 cup carrots shredded finely
- 0.3 cup granulated sugar

- 0.3 cup coconut flakes flaked
- 1 tablespoon soybean oil
- 3 teaspoons double-acting baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- 0.5 teaspoon salt
- 4 egg whites fat-free

Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- plastic wrap
- toothpicks
- ziploc bags
- muffin liners
- rolling pin

Directions

- Heat oven to 375°. Line 12 medium muffin cups, 2 1/2x1 1/4 inches, with paper baking cups and spray bottoms with nonstick baking spray.
- Place cereal between waxed paper, plastic wrap or in plastic bag; crush with rolling pin (or crush in blender or food processor).
- Mix cereal and milk in large bowl; let stand about 5 minutes or until cereal is softened. Stir in remaining ingredients. Divide batter evenly among muffin cups.
- Bake 22 to 25 minutes or until toothpick inserted in center comes out clean. Immediately remove muffins from pan.
- Serve warm.

Nutrition Facts

PROTEIN 9.98% FAT 30.22% CARBS 59.8%

Properties

Glycemic Index:38.2, Glycemic Load:11.14, Inflammation Score:-7, Nutrition Score:9.8686956711437%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 193.22kcal (9.66%), Fat: 6.74g (10.37%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 30g (10%), Net Carbohydrates: 25.57g (9.3%), Sugar: 15.86g (17.62%), Cholesterol: 0.41mg (0.14%), Sodium: 253.37mg (11.02%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 5.01g (10.02%), Manganese: 0.56mg (28.2%), Vitamin B1: 0.3mg (20.21%), Vitamin A: 1007.29IU (20.15%), Fiber: 4.43g (17.7%), Selenium: 10.57µg (15.11%), Magnesium: 55.82mg (13.96%), Phosphorus: 135.36mg (13.54%), Folate: 52.19µg (13.05%), Iron: 2.29mg (12.71%), Calcium: 119.73mg (11.97%), Vitamin B2: 0.18mg (10.83%), Copper: 0.18mg (9.05%), Vitamin B3: 1.59mg (7.96%), Vitamin B6: 0.14mg (6.86%), Potassium: 198.71mg (5.68%), Zinc: 0.8mg (5.33%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 3.58µg (3.41%), Vitamin B5: 0.29mg (2.88%), Vitamin D: 0.26µg (1.73%), Vitamin E: 0.22mg (1.47%)