



Flaxseed Morning Glory Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 0.7 cup soymilk
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup ground flaxseed
- ☐ 0.8 cup apples chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup carrots shredded finely
- ☐ 0.3 cup coconut flakes flaked

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup eggs fat-free
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon vanilla

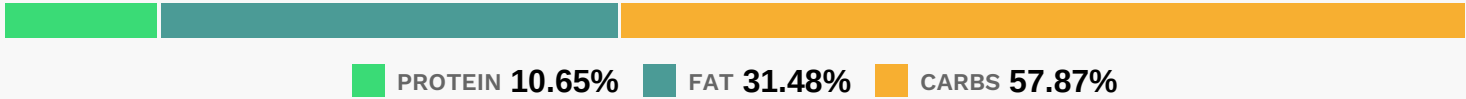
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ ziploc bags
- ☐ muffin liners
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups. Spray bottoms only of baking cups with cooking spray. (Muffins will stick if baking cups are not sprayed.)
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ In large bowl, mix crushed cereal and soymilk; 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 to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:9.1, Inflammation Score:-8, Nutrition Score:14.271739016409%

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: 181.86kcal (9.09%), Fat: 6.72g (10.35%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 23.27g (8.46%), Sugar: 11.46g (12.73%), Cholesterol: 37.67mg (12.56%), Sodium: 246.46mg (10.72%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 5.12g (10.24%), Manganese: 0.76mg (38.21%), Vitamin B6: 0.73mg (36.26%), Folate: 107.78µg (26.95%), Vitamin B1: 0.35mg (23.14%), Vitamin A: 1092.65IU (21.85%), Vitamin B12: 1.2µg (20.05%), Fiber: 4.54g (18.17%), Vitamin B2: 0.29mg (17.34%), Phosphorus: 165.21mg (16.52%), Selenium: 10.46µg (14.94%), Calcium: 135.57mg (13.56%), Iron: 2.43mg (13.48%), Magnesium: 52.88mg (13.22%), Vitamin B3: 2.26mg (11.32%), Copper: 0.2mg (10.08%), Zinc: 1.24mg (8.3%), Potassium: 202.67mg (5.79%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.58µg (3.88%), Vitamin B5: 0.38mg (3.8%), Vitamin K: 3.69µg (3.52%), Vitamin C: 2.73mg (3.31%)