



Fruit-and-Bran Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons apple sauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 0.3 cup egg substitute
- ☐ 1 cup skim milk fat-free
- ☐ 0.3 cup golden raisins
- ☐ 1 large apples i use 2 granny smith apples diced peeled
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon nutmeg
- ☐ 1.3 cups oat bran hot uncooked
- ☐ 2 cups oat bran sweetened o-shaped

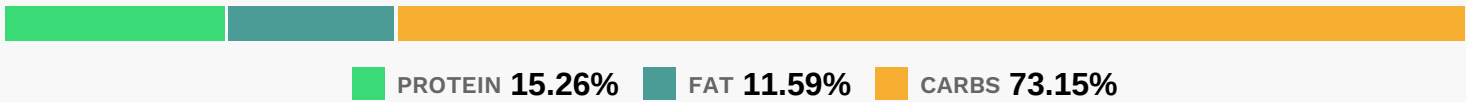
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring milk to a boil in a large saucepan; remove from heat, and stir in O-shaped cereal.
- ☐ Let stand 5 minutes or until cereal is softened.
- ☐ Stir in apple and next 8 ingredients until blended.
- ☐ Place paper baking cups in muffin pans, and lightly coat with cooking spray. Spoon batter evenly into cups.
- ☐ Bake at 375 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Note: For testing purposes only, we used Cracklin' Oat Bran Cereal for sweetened cereal and Hodgson Mill Oat Bran Hot Cereal for uncooked cereal in this recipe.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:11.99, Inflammation Score:-4, Nutrition Score:13.149999913962%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 131.07kcal (6.55%), Fat: 2.37g (3.65%), Saturated Fat: 0.46g (2.91%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 27.96g (10.17%), Sugar: 10.73g (11.92%), Cholesterol: 0.61mg (0.2%), Sodium: 127.66mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Manganese: 1.87mg (93.47%), Phosphorus: 293.09mg (29.31%), Vitamin B1: 0.4mg (26.82%), Selenium: 17.26µg (24.66%), Fiber: 5.71g (22.83%), Magnesium: 82.84mg (20.71%), Iron: 2.11mg (11.73%), Calcium: 116.33mg (11.63%), Potassium: 288.2mg (8.23%), Zinc: 1.18mg (7.85%), Copper: 0.16mg (7.8%), Vitamin B2: 0.13mg (7.72%), Vitamin B5: 0.67mg (6.66%), Vitamin B6: 0.1mg (4.79%), Folate: 18.98µg (4.75%), Vitamin E: 0.45mg (3.03%), Vitamin B12: 0.14µg (2.26%), Vitamin B3: 0.41mg (2.04%), Vitamin D: 0.3µg (2.03%), Vitamin K: 1.64µg (1.57%), Vitamin A: 64.31IU (1.29%), Vitamin C: 1.05mg (1.27%)