



Fruity Multigrain Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup vegetable oil
- ☐ 2 egg whites
- ☐ 1.3 cups flour whole wheat
- ☐ 0.8 cup oat bran
- ☐ 0.3 cup cornmeal
- ☐ 1 teaspoon double-acting baking powder

- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup fruit dried chopped
- ☐ 0.5 cup brown rice cooked

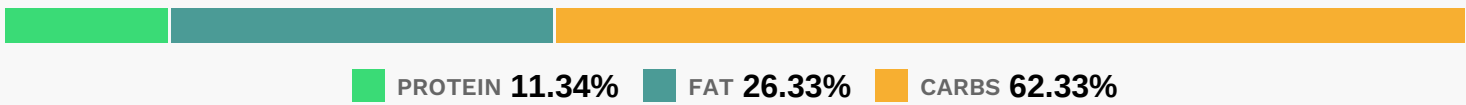
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 medium muffin cups, 2 1/2x1 1/4 inches, or line with paper baking cups.
- ☐ Beat yogurt, brown sugar, oil and egg whites in large bowl with spoon. Stir in remaining ingredients except dried fruit and tritcale just until flour is moistened. Fold in dried fruit and tritcale.
- ☐ Divide batter evenly among muffin cups (cups will be very full).
- ☐ Bake 20 to 22 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:4.8, Inflammation Score:-3, Nutrition Score:8.6756520839813%

Nutrients (% of daily need)

Calories: 178.97kcal (8.95%), Fat: 5.71g (8.79%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 27.32g (9.93%), Sugar: 11.9g (13.22%), Cholesterol: 0.51mg (0.17%), Sodium: 160.83mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Manganese: 1.06mg (52.87%), Selenium: 13.35µg (19.08%), Phosphorus: 162.99mg (16.3%), Fiber: 3.11g (12.46%), Magnesium: 49.32mg (12.33%), Vitamin B1: 0.18mg (12.17%), Calcium: 90.67mg (9.07%), Vitamin K: 9.15µg (8.71%), Vitamin B2: 0.12mg (7.31%), Zinc: 0.97mg (6.5%), Iron:

1.16mg (6.45%), Potassium: 201.74mg (5.76%), Vitamin B6: 0.11mg (5.71%), Copper: 0.11mg (5.51%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.55mg (3.7%), Folate: 14.36µg (3.59%), Vitamin B12: 0.16µg (2.67%)