



Ginger Pear Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons brown sugar packed
- ☐ 0.3 cup cooking oil
- ☐ 1 eggs beaten
- ☐ 0.7 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon ground ginger divided
- ☐ 1 tablespoon oat bran

- ☐ 0.8 cup pears chopped
- ☐ 1 cup quick-cooking rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup walnuts chopped

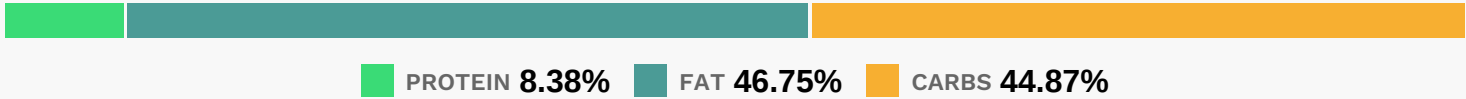
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly spray 12 muffin cups with cooking spray.
- ☐ Mix flour, oats, brown sugar, baking powder, 1/4 teaspoon ground ginger, and salt together in a bowl; form a well in the center of flour mixture.
- ☐ Whisk milk, oil, and egg together in a small bowl and pour into well. Stir until batter is just moistened; fold in pear and walnuts. Fill prepared muffin cups with batter.
- ☐ Mix oat bran and remaining 1/2 teaspoon ground ginger together in a small bowl; sprinkle over batter.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean and tops are brown, 18 to 20 minutes. Cool in the pan for 5 minutes before removing from muffin cups.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:9.5, Inflammation Score:-2, Nutrition Score:5.9160868680995%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 164.65kcal (8.23%), Fat: 8.84g (13.61%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.5g (6.36%), Sugar: 4.8g (5.34%), Cholesterol: 14.05mg (4.68%), Sodium: 113.72mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.56mg (28.21%), Selenium: 8.02µg (11.46%), Vitamin B1: 0.15mg (10.09%), Phosphorus: 93.99mg (9.4%), Vitamin E: 1.22mg (8.15%), Magnesium: 30.73mg (7.68%), Folate: 27µg (6.75%), Fiber: 1.6g (6.4%), Iron: 1.12mg (6.21%), Calcium: 60.81mg (6.08%), Vitamin B2: 0.1mg (6.08%), Vitamin K: 5.24µg (4.99%), Copper: 0.1mg (4.85%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.53mg (3.51%), Potassium: 98.27mg (2.81%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.05mg (2.28%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.22µg (1.49%), Vitamin A: 50.61IU (1.01%)