



Gingerbread Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups corn flakes/bran flakes (do not use bran flakes)
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.5 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 0.3 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons sugar
- 0.3 cup vegetable oil

Equipment

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

Directions

- In medium bowl, lightly beat egg.
- Add 1/4 cup sugar, the buttermilk, oil and molasses; beat well with wire whisk. Stir in cereal.
- Let stand 10 minutes.
- In small bowl, mix all remaining muffin ingredients.
- Add to bran mixture; mix well.
- Bake immediately, or cover and refrigerate 8 hours or overnight.
- Heat oven to 375F.
- Place paper baking cup in each of 12 regular-size muffin cups. Divide batter evenly among muffin cups.
- Sprinkle each with 1/2 teaspoon sugar.
- Bake 20 to 25 minutes or until tops spring back when touched lightly.
- Remove from pan.
- Serve warm or cool.

Nutrition Facts

PROTEIN 6.14% FAT 37.59% CARBS 56.27%

Properties

Glycemic Index:38.29, Glycemic Load:15.04, Inflammation Score:-4, Nutrition Score:7.3204347154369%

Nutrients (% of daily need)

Calories: 170.35kcal (8.52%), Fat: 7.31g (11.25%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.38g (8.5%), Sugar: 13.35g (14.83%), Cholesterol: 15.84mg (5.28%), Sodium: 203.26mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Manganese: 0.42mg (20.96%), Folate: 55.16µg (13.79%), Selenium: 9.36µg (13.37%), Iron: 2.37mg (13.16%), Vitamin K: 11.38µg (10.84%), Vitamin B1: 0.16mg (10.71%), Vitamin B2: 0.17mg (10.25%), Magnesium: 33.62mg (8.4%), Vitamin B3: 1.55mg (7.73%), Vitamin B6: 0.15mg (7.54%), Calcium: 73.46mg (7.35%), Phosphorus: 71.3mg (7.13%), Vitamin B12: 0.37µg (6.24%), Potassium: 174.3mg (4.98%), Fiber: 1.25g (4.98%), Copper: 0.08mg (4.15%), Vitamin E: 0.6mg (3.98%), Vitamin A: 178.01IU (3.56%), Vitamin D: 0.5µg (3.32%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.28mg (2.78%)