



Golden Raisin Oat Bran Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoons baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 0.3 cup honey

- ☐ 0.8 cup oat bran
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 stick butter unsalted cooled melted

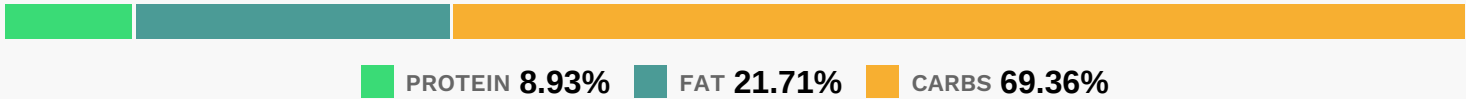
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375°F with rack in middle. Butter muffin pan.
- ☐ Whisk together flour, oat bran, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl.
- ☐ In a separate bowl, whisk together buttermilk, honey, butter, and eggs.
- ☐ Add to dry ingredients along with raisins and stir until just combined.
- ☐ Divide batter among muffin cups.
- ☐ Bake until a wooden pick inserted into center of a muffin comes out clean, about 20 minutes. Turn out onto a rack to cool.
- ☐ Muffins keep in an airtight container at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:8.2204347226931%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 234.08kcal (11.7%), Fat: 6.07g (9.35%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 41.41g (15.06%), Sugar: 20.22g (22.46%), Cholesterol: 43.32mg (14.44%), Sodium: 368.8mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Manganese: 0.63mg (31.39%), Selenium: 13.99µg (19.98%), Vitamin B1: 0.27mg (17.68%), Phosphorus: 141.11mg (14.11%), Vitamin B2: 0.22mg (13%), Folate: 47.64µg (11.91%), Iron: 1.87mg (10.36%), Fiber: 2.27g (9.06%), Calcium: 83.41mg (8.34%), Magnesium: 29.95mg (7.49%), Vitamin B3: 1.48mg (7.38%), Copper: 0.12mg (6%), Potassium: 200.03mg (5.72%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (4.22%), Zinc: 0.63mg (4.19%), Vitamin A: 195.91IU (3.92%), Vitamin D: 0.5µg (3.32%), Vitamin B12: 0.17µg (2.9%), Vitamin E: 0.32mg (2.1%), Vitamin K: 1.17µg (1.11%)