



Hearty Whole Grain Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup bran cereal
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large carrots shredded peeled
- ☐ 3 egg whites
- ☐ 3 tablespoons farina cereal hot uncooked wheat® (such as Cream of)
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground allspice

- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup nonfat milk powder dry
- ☐ 0.5 cup raisins
- ☐ 3 tablespoons sugar raw
- ☐ 1 teaspoon salt
- ☐ 1.3 cups apple sauce unsweetened
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup wheat bran
- ☐ 0.3 cup wheat germ toasted
- ☐ 0.7 cup sugar white
- ☐ 1 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks
- ☐ muffin liners

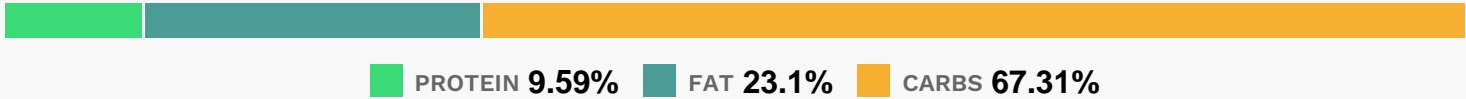
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 18 muffin cups with paper liners.
- ☐ In a small bowl, cover the raisins with water, and set aside to plump. In a large mixing bowl, whisk together the all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, salt, cinnamon, allspice, dry milk powder, wheat bran, and farina cereal until thoroughly combined.
- ☐ Drain water from the raisins. In a separate bowl, beat the egg whites until frothy, then mix in the drained raisins, applesauce, carrot, vegetable oil, and bran cereal.
- ☐ Pour the liquid ingredients into the flour mixture, and briefly mix just to moisten (do not overmix). Fill muffin cups about 2/3 full, and sprinkle each muffin with about 1/2 teaspoon of

raw sugar.

- ☐ Bake in the preheated oven until the muffins are set and the tops are golden brown, 25 to 30 minutes. A toothpick inserted into the center of a muffin should come out clean.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:11.2, Inflammation Score:-6, Nutrition Score:9.070869528729%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 172.82kcal (8.64%), Fat: 4.65g (7.15%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 27.85g (10.13%), Sugar: 13.13g (14.59%), Cholesterol: 0.67mg (0.22%), Sodium: 242.1mg (10.53%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.34g (8.69%), Manganese: 0.81mg (40.67%), Selenium: 10.83µg (15.47%), Vitamin A: 763.4IU (15.27%), Vitamin B1: 0.18mg (12.29%), Phosphorus: 115.44mg (11.54%), Vitamin B2: 0.18mg (10.63%), Fiber: 2.61g (10.45%), Vitamin B6: 0.2mg (10.17%), Calcium: 96.89mg (9.69%), Iron: 1.73mg (9.62%), Folate: 37.39µg (9.35%), Vitamin K: 8.39µg (7.99%), Magnesium: 30.26mg (7.57%), Vitamin B3: 1.46mg (7.3%), Potassium: 197.02mg (5.63%), Zinc: 0.78mg (5.17%), Vitamin B12: 0.3µg (5.01%), Copper: 0.09mg (4.72%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.29mg (2.93%), Vitamin D: 0.4µg (2.69%), Vitamin C: 1.08mg (1.31%)