



Honey-Bran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup wheat bran
- ☐ 3 tablespoons water boiling
- ☐ 0.3 cup milk
- ☐ 0.3 cup honey
- ☐ 3 tablespoons vegetable oil
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 serving granulated sugar

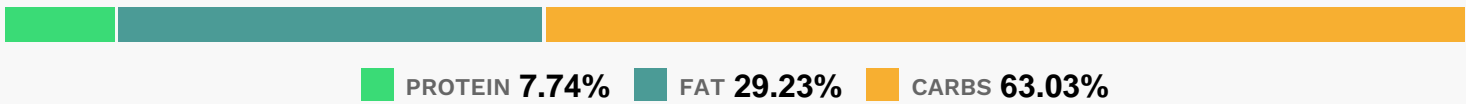
Equipment

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

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 6 regular-size muffin cups; spray baking cups with cooking spray.
- ☐ In small bowl, mix wheat bran and boiling water. In medium bowl, beat milk, honey, oil and egg with spoon until well mixed. Stir in bran mixture, flour, baking powder, cinnamon and salt just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Sprinkle with granulated sugar.
- ☐ Bake 15 to 20 minutes or until golden brown and tops spring back when touched lightly in center. Immediately remove from pan to cooling rack.

Nutrition Facts



Properties

Glycemic Index:62.39, Glycemic Load:25.37, Inflammation Score:-3, Nutrition Score:8.2313043228958%

Nutrients (% of daily need)

Calories: 247.25kcal (12.36%), Fat: 8.24g (12.68%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 37.98g (13.81%), Sugar: 14.21g (15.79%), Cholesterol: 28.5mg (9.5%), Sodium: 218.82mg (9.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Manganese: 0.53mg (26.72%), Selenium: 15.05µg (21.49%), Vitamin B1: 0.27mg (17.77%), Folate: 62.84µg (15.71%), Vitamin B2: 0.22mg (13.04%), Vitamin K: 12.75µg (12.14%), Iron: 2.02mg (11.23%), Vitamin B3: 2.21mg (11.05%), Phosphorus: 105.53mg (10.55%), Calcium: 84.65mg (8.46%), Fiber: 2g (7.99%), Magnesium: 24.47mg (6.12%), Vitamin E: 0.7mg (4.65%), Copper: 0.08mg (4.08%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.35mg (3.5%), Vitamin B6: 0.07mg (3.37%), Potassium: 95.65mg (2.73%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.26µg (1.72%), Vitamin A: 56.78IU (1.14%)