



## Low Fat Apple Bran Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 apples grated
- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 2 egg whites
- 1 cup flour all-purpose
- 1 cup buttermilk low-fat
- 1.5 cups wheat bran

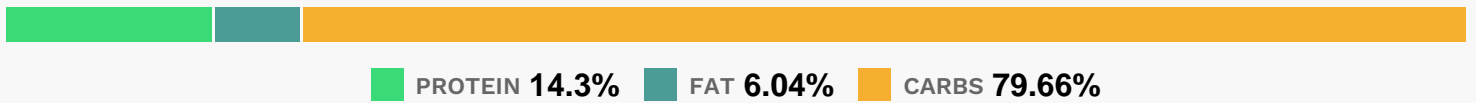
### Equipment

- bowl
- frying pan
- oven
- toothpicks
- muffin liners
- muffin tray

## Directions

- In a small bowl, combine bran and buttermilk. Set aside to soak for 10 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease muffin pan, or use paper liners.
- In a large bowl, mix together flour, brown sugar and baking soda. Stir in bran mixture and egg whites. Fold in grated apple. Divide batter into 12 muffin cups.
- Bake in preheated oven for 16 to 18 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool for 5 minutes before removing from the pan.

## Nutrition Facts



## Properties

Glycemic Index:12.42, Glycemic Load:6.69, Inflammation Score:-3, Nutrition Score:7.1991304029589%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 85.54kcal (4.28%), Fat: 0.65g (0.99%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 15.6g (5.67%), Sugar: 6.29g (6.98%), Cholesterol: 0.8mg (0.27%), Sodium: 130.81mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Manganese: 0.91mg (45.57%), Selenium: 10.61µg

(15.16%), Fiber: 3.57g (14.27%), Magnesium: 50.13mg (12.53%), Phosphorus: 104.04mg (10.4%), Vitamin B2: 0.15mg (8.71%), Vitamin B1: 0.13mg (8.53%), Vitamin B3: 1.63mg (8.15%), Iron: 1.31mg (7.26%), Folate: 26.26µg (6.57%), Vitamin B6: 0.11mg (5.54%), Copper: 0.09mg (4.75%), Zinc: 0.69mg (4.6%), Potassium: 149.26mg (4.26%), Calcium: 34.66mg (3.47%), Vitamin B5: 0.28mg (2.79%)