



HEALTH SCORE

76%

Maple Bran Muffins — Small Batch



Vegetarian



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



321 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup bran cereal generous (All Bran)
- ☐ 0.1 teaspoon baking soda
- ☐ 6 servings batch maple bran muffins
- ☐ 3 tablespoons brown sugar packed
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 2 tablespoons maple syrup
- ☐ 0.8 cup milk – i used sour

- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 2.4 oz flour whole wheat white
- ☐ 0.8 teaspoon plus

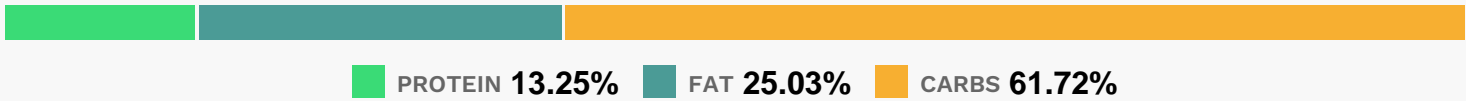
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. Spray a 6 cup muffin cup with cooking spray or grease it well.
- ☐ Combine the buttermilk and bran cereal; let stand for 5 to 10 minutes or until cereal is softened.Meanwhile, in a small bowl, stir together flour, baking powder, baking soda, cinnamon and salt; set aside.Stir egg, brown sugar, maple syrup and oil into bran mixture.
- ☐ Add flour mixture to bran mixture; stir just until combined.Spoon batter into prepared muffin cups and bake for 25 to 30 minutes or until a toothpick inserted in centers comes out clean. Cool in muffin pan on a wire rack for 5 minutes.
- ☐ Remove from muffin cups and cool completely.
- ☐ Drizzle with Maple Icing. Maple Icing: In a small bowl, combine 1 teaspoon melted butter with 1/2 cup sifted powdered sugar and enough milk to make a drizzling consistency.
- ☐ Add 1/4 teaspoon maple flavoring and stir until smooth.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:9.67, Inflammation Score:-9, Nutrition Score:42.526087004205%

Nutrients (% of daily need)

Calories: 321.4kcal (16.07%), Fat: 11.73g (18.05%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 65.08g (21.69%),
Net Carbohydrates: 36.05g (13.11%), Sugar: 13.17g (14.64%), Cholesterol: 34.66mg (11.55%), Sodium: 177.78mg
(7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.95%), Manganese: 7.61mg (380.56%), Fiber:
29.03g (116.12%), Vitamin B6: 2.03mg (101.47%), Magnesium: 398.57mg (99.64%), Phosphorus: 763.19mg (76.32%),
Selenium: 49.19µg (70.28%), Vitamin B3: 9.47mg (47.34%), Iron: 8.49mg (47.18%), Folate: 185.17µg (46.29%),
Vitamin B2: 0.78mg (45.86%), Zinc: 5.78mg (38.54%), Vitamin B1: 0.56mg (37.52%), Vitamin B12: 2.18µg (36.36%),
Copper: 0.7mg (34.79%), Potassium: 882.97mg (25.23%), Calcium: 174.77mg (17.48%), Vitamin B5: 1.62mg (16.24%),
Vitamin K: 14.29µg (13.61%), Vitamin E: 1.65mg (10.99%), Vitamin D: 0.95µg (6.31%), Vitamin A: 280.4IU (5.61%),
Vitamin C: 2.07mg (2.51%)