



Maple Raisin Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter cooled melted
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 ounces flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup oat bran
- ☐ 0.3 cup quick-cooking oats
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 ounces flour whole wheat

Equipment

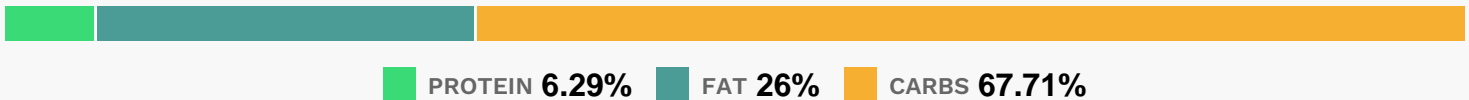
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ To prepare batter, lightly spoon the flours into dry measuring cups; level with a knife.
- ☐ Place flours in a large bowl. Stir in oat bran and next 6 ingredients (through salt); make a well in center of dry ingredients.
- ☐ Combine sour cream and next 5 ingredients (through egg); stir well with a whisk.

- ☐
- Add to dry ingredients; stir just until moist. Spoon mixture evenly into 12 muffin cups coated with cooking spray.
- ☐
- To prepare topping, combine 1/2 cup dark brown sugar and remaining ingredients in a small bowl; toss with a fork until moist.
- ☐
- Sprinkle topping evenly over batter.
- ☐
- Bake at 375 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:51.53, Glycemic Load:13.41, Inflammation Score:-3, Nutrition Score:7.0256522401519%

Nutrients (% of daily need)

Calories: 240.14kcal (12.01%), Fat: 7.32g (11.27%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 40.77g (14.82%), Sugar: 22.69g (25.22%), Cholesterol: 29.81mg (9.94%), Sodium: 139.7mg (6.07%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.98g (7.97%), Manganese: 0.78mg (38.84%), Selenium: 10.7µg (15.29%), Vitamin B1: 0.18mg (11.77%), Vitamin B2: 0.19mg (11.06%), Phosphorus: 108.12mg (10.81%), Fiber: 2.16g (8.64%), Magnesium: 31.72mg (7.93%), Calcium: 76.52mg (7.65%), Iron: 1.31mg (7.29%), Folate: 24.47µg (6.12%), Potassium: 184.17mg (5.26%), Vitamin B3: 0.9mg (4.5%), Copper: 0.09mg (4.47%), Zinc: 0.6mg (3.99%), Vitamin A: 183.06IU (3.66%), Vitamin E: 0.49mg (3.29%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.14µg (2.29%), Vitamin K: 1.62µg (1.55%)