



WHATSheATE



Molasses-Bran Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup blackstrap molasses dark
- ☐ 0.3 cup egg substitute
- ☐ 0.5 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 1.3 cups unprocessed wheat bran

- ☐ 0.8 cup apple sauce unsweetened
- ☐ 1 tablespoon vegetable oil

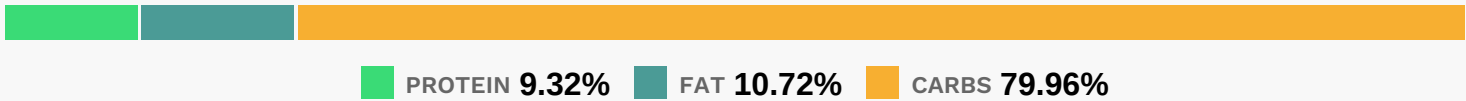
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a bowl; make a well in center of mixture.
- ☐ Combine applesauce and next 4 ingredients; add to dry ingredients, stirring just until moistened. Stir in raisins.
- ☐ Spoon batter into muffin pans coated with cooking spray, filling two-thirds full.
- ☐ Bake at 400 for 18 to 20 minutes or until golden.
- ☐ Remove from pans immediately, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:12.26, Inflammation Score:-4, Nutrition Score:8.6165217264839%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 118.85kcal (5.94%), Fat: 1.56g (2.4%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 22.66g (8.24%), Sugar: 9.09g (10.11%), Cholesterol: 0.31mg (0.1%), Sodium: 113.4mg (4.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Manganese: 0.94mg (47.21%), Selenium: 12.24µg (17.49%), Magnesium: 66.34mg (16.58%), Fiber: 3.49g (13.97%), Phosphorus: 109.65mg (10.96%), Iron: 1.94mg

(10.76%), Vitamin B1: 0.14mg (9.31%), Potassium: 308.43mg (8.81%), Vitamin B6: 0.17mg (8.7%), Calcium: 84.6mg (8.46%), Vitamin B3: 1.62mg (8.12%), Vitamin B2: 0.13mg (7.93%), Copper: 0.14mg (7.25%), Folate: 25.48µg (6.37%), Zinc: 0.65mg (4.34%), Vitamin B5: 0.38mg (3.81%), Vitamin K: 2.34µg (2.23%), Vitamin E: 0.29mg (1.97%), Vitamin D: 0.19µg (1.28%), Vitamin B12: 0.08µg (1.27%)