



Molasses-Prune Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup buttermilk low-fat
- 2 tablespoons blackstrap molasses
- 1 cup prune- cut to pieces pitted finely chopped

- 1 cup quick-cooking oats
- 0.5 cup ricotta cheese light
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 tablespoon vanilla extract
- 3 tablespoons vegetable oil
- 0.3 cup wheat germ toasted

Equipment

- bowl
- oven
- whisk
- wire rack
- muffin liners

Directions

- Preheat oven to 40
- Combine first 8 ingredients in a large bowl. Stir in prunes; make a well in center of mixture.
- Combine buttermilk and next 5 ingredients (buttermilk through eggs); stir well with a whisk.
- Add to flour mixture, stirring just until moist. Spoon batter into 18 muffin cups coated with cooking spray.
- Bake at 400 for 18 minutes or until done.
- Remove from pans immediately, and cool on a wire rack.

Nutrition Facts



PROTEIN 9.89% **FAT 20.55%** **CARBS 69.56%**

Properties

Glycemic Index:22.62, Glycemic Load:19.67, Inflammation Score:-3, Nutrition Score:7.5543478487626%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 195.39kcal (9.77%), Fat: 4.53g (6.98%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 32.69g (11.89%), Sugar: 14.54g (16.16%), Cholesterol: 24.71mg (8.24%), Sodium: 200.92mg (8.74%), Alcohol: 0.25g (100%), Alcohol %: 0.43% (100%), Protein: 4.91g (9.83%), Manganese: 0.61mg (30.57%), Selenium: 12.13µg (17.33%), Vitamin B1: 0.2mg (13.62%), Phosphorus: 108.66mg (10.87%), Folate: 42.2µg (10.55%), Vitamin B2: 0.18mg (10.52%), Vitamin K: 10.26µg (9.77%), Calcium: 87.38mg (8.74%), Iron: 1.53mg (8.49%), Magnesium: 32.37mg (8.09%), Fiber: 1.85g (7.4%), Vitamin B3: 1.4mg (6.98%), Potassium: 189.05mg (5.4%), Copper: 0.1mg (5.04%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.08mg (4.25%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 142.75IU (2.85%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.1µg (1.7%)