

Molasses Raisin Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 teaspoons baking soda
- 3 tablespoons butter melted
- 1 eggs beaten
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 2 cups yogurt plain

- 1 cup cooking oats quick
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup wheat germ
- 1.5 cups flour whole wheat

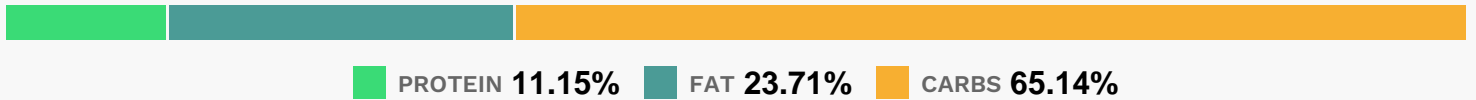
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups.
- Beat together the yogurt, egg, molasses, raisins, wheat germ, oats, and butter in a large bowl until evenly mixed. Sift the flour, baking soda, cinnamon, ginger, cloves, and salt on top of the molasses mixture. Fold the flour mixture into the molasses until a batter has formed.
- Pour batter into muffin cups, filling to the top.
- Bake in preheated oven until a toothpick inserted into the middle of a muffin comes out clean, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:11.12, Inflammation Score:-4, Nutrition Score:12.670869689921%

Nutrients (% of daily need)

Calories: 212.28kcal (10.61%), Fat: 5.9g (9.08%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 32.7g (11.89%), Sugar: 9.08g (10.08%), Cholesterol: 26.47mg (8.82%), Sodium: 265.47mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.49%), Manganese: 1.8mg (89.91%), Selenium: 19.22µg

(27.45%), Magnesium: 82.32mg (20.58%), Phosphorus: 183.99mg (18.4%), Vitamin B1: 0.23mg (15.53%), Fiber: 3.81g (15.23%), Potassium: 429.2mg (12.26%), Vitamin B6: 0.24mg (11.79%), Iron: 2.03mg (11.28%), Copper: 0.21mg (10.71%), Zinc: 1.54mg (10.28%), Vitamin B2: 0.16mg (9.13%), Calcium: 87.11mg (8.71%), Vitamin B3: 1.39mg (6.96%), Folate: 27.31µg (6.83%), Vitamin B5: 0.55mg (5.47%), Vitamin B12: 0.19µg (3.16%), Vitamin A: 149.62IU (2.99%), Vitamin E: 0.31mg (2.04%), Vitamin C: 0.86mg (1.05%)