

Mormon Muffins

 Vegetarian

READY IN



520 min.

SERVINGS



60

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 cups bran cereal such as Kellogg's® All-Bran®
- ☐ 5 teaspoons baking soda
- ☐ 2 cups bran flakes cereal
- ☐ 0.5 cup butter melted
- ☐ 1 quart buttermilk
- ☐ 4 eggs beaten
- ☐ 5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1 cup walnuts chopped
- ☐ 2 cups water boiling
- ☐ 1 cup sugar white

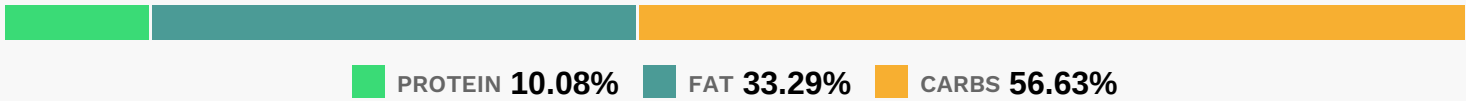
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ muffin liners

Directions

- ☐ Combine boiling water and baking soda together in a large bowl.
- ☐ Let cool slightly.
- ☐ Stir flour, buttermilk, bran cereal, bran flakes, walnuts, sugar, oil, butter, eggs, cinnamon, salt, ginger, and nutmeg into water-baking soda mixture until just combined. Cover bowl with plastic wrap and refrigerate muffin batter for at least 8 hours or overnight.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 60 muffin cups or line with paper muffin liners.
- ☐ Pour batter into prepared muffin cups 1/2 full.
- ☐ Bake muffins in the preheated oven until the tops spring back when lightly pressed, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:9.78, Inflammation Score:-5, Nutrition Score:8.5517391795697%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 109.64kcal (5.48%), Fat: 4.32g (6.65%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 14.63g (5.32%), Sugar: 5.09g (5.66%), Cholesterol: 16.71mg (5.57%), Sodium: 181.4mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Vitamin B6: 0.54mg (27.23%), Manganese: 0.51mg (25.54%), Folate: 86.26µg (21.56%), Vitamin B12: 0.95µg (15.76%), Vitamin B1: 0.21mg (13.89%), Vitamin B2: 0.23mg (13.35%), Iron: 1.71mg (9.49%), Phosphorus: 91.29mg (9.13%), Selenium: 6.25µg (8.93%), Fiber: 1.91g (7.63%), Vitamin B3: 1.49mg (7.46%), Magnesium: 25.54mg (6.39%), Zinc: 0.82mg (5.44%), Copper: 0.1mg (5.19%), Calcium: 41.39mg (4.14%), Vitamin A: 195.29IU (3.91%), Vitamin D: 0.49µg (3.24%), Potassium: 95.45mg (2.73%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.2µg (1.14%), Vitamin C: 0.86mg (1.04%)