



Morning Glory Bran Muffins

 Vegetarian

READY IN



42 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cups all-bran original* cereal
- 0.3 cup almonds unsalted chopped
- 1 tablespoon double-acting baking powder
- 0.3 cup lightly brown sugar packed
- 0.3 cup canola oil
- 0.8 cup carrots shredded
- 1 eggs
- 1 cup flour all-purpose

- 1 teaspoon ground cinnamon
- 1 cup milk 1%
- 0.5 cup raisins
- 0.3 cup roasted sunflower seeds
- 0.5 teaspoon salt
- 0.3 cup coconut or shredded sweetened divided

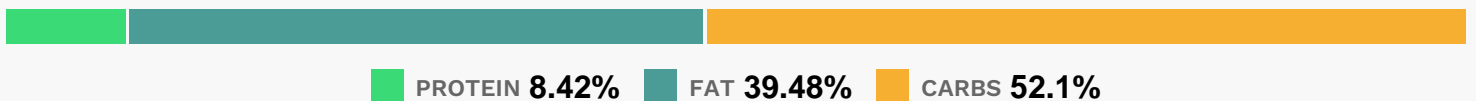
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly spray 12 (2 1/2-inch/6.5cm) non-stick muffin pan cups with cooking spray.
- In medium bowl, combine cereal and milk.
- Let stand for about 2 minutes or until cereal softens.
- In large bowl, combine flour, sugar, baking powder, cinnamon and salt. Set aside.
- Add egg, oil and carrot to cereal mixture; beat well.
- Add liquid mixture to dry ingredients, stirring only until just combined. Fold in mixture of raisins, almonds, sunflower seeds and 1/4 cup (50 mL) coconut. Portion batter evenly into prepared muffin cups.
- Sprinkle each with portion of remaining coconut.
- Bake in preheated oven for 20 minutes or until tops spring back when lightly touched.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:10.13, Inflammation Score:-8, Nutrition Score:15.476521730423%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 201.35kcal (10.07%), Fat: 9.49g (14.6%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 24.5g (8.91%), Sugar: 9.64g (10.71%), Cholesterol: 14.62mg (4.87%), Sodium: 268.78mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Vitamin B6: 0.86mg (42.8%), Manganese: 0.8mg (40.03%), Vitamin A: 1508.43IU (30.17%), Folate: 115.65µg (28.91%), Vitamin B12: 1.37µg (22.78%), Vitamin B2: 0.33mg (19.34%), Phosphorus: 191.67mg (19.17%), Vitamin E: 2.79mg (18.62%), Vitamin B1: 0.27mg (17.93%), Fiber: 3.68g (14.73%), Calcium: 134.25mg (13.42%), Iron: 2.31mg (12.84%), Selenium: 8.54µg (12.2%), Magnesium: 45.03mg (11.26%), Copper: 0.2mg (9.99%), Vitamin B3: 1.99mg (9.93%), Zinc: 1.33mg (8.84%), Potassium: 241.71mg (6.91%), Vitamin B5: 0.5mg (5.02%), Vitamin K: 4.93µg (4.69%), Vitamin D: 0.57µg (3.78%), Vitamin C: 2.14mg (2.6%)