

Oat Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 2 cups carrots shredded
- ☐ 3 large egg whites
- ☐ 1 cup skim milk fat-free
- ☐ 0.3 cup flaxseeds

- ☐ 1 cup flour all-purpose
- ☐ 2 cups apples i use 2 granny smith apples chopped
- ☐ 4 teaspoons ground cinnamon
- ☐ 0.3 cup skim milk powder dry
- ☐ 1.8 cups oat bran
- ☐ 1 cranberry-orange relish unpeeled quartered
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup flour whole wheat

Equipment

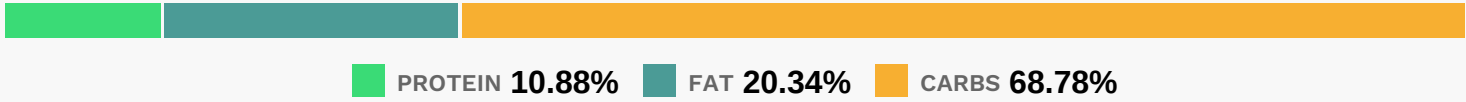
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and the next 8 ingredients (all-purpose flour through salt) in a large bowl, stirring well with a whisk. Stir in carrot, apple, and raisins.
- ☐ Combine milk, oil, vanilla, egg whites, and orange in a blender or food processor; process until smooth. Make a well in center of flour mixture; add milk mixture; stir just until moist.

- ☐ Spoon 3 tablespoons batter into each of 28 muffin cups coated with cooking spray.
- ☐ Bake in batches at 375 for 20 minutes or until muffins are browned and spring back when touched lightly in center.
- ☐ Remove the muffins from pans immediately, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:7.75, Inflammation Score:-8, Nutrition Score:8.5886957178945%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 134.94kcal (6.75%), Fat: 3.41g (5.25%), Saturated Fat: 0.35g (2.22%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 22.71g (8.26%), Sugar: 8.93g (9.92%), Cholesterol: 0.55mg (0.18%), Sodium: 177.56mg (7.72%), Alcohol: 0.1g (100%), Alcohol %: 0.18% (100%), Protein: 4.1g (8.21%), Manganese: 0.75mg (37.54%), Vitamin A: 1592.96IU (31.86%), Selenium: 9.35µg (13.36%), Vitamin B1: 0.2mg (13.16%), Fiber: 3.23g (12.92%), Phosphorus: 123.94mg (12.39%), Magnesium: 37.75mg (9.44%), Calcium: 71.57mg (7.16%), Vitamin B2: 0.12mg (6.85%), Iron: 1.14mg (6.31%), Potassium: 220.49mg (6.3%), Copper: 0.1mg (5.12%), Folate: 19.93µg (4.98%), Vitamin C: 3.84mg (4.65%), Vitamin B6: 0.08mg (4.05%), Vitamin B3: 0.8mg (4%), Zinc: 0.59mg (3.9%), Vitamin E: 0.56mg (3.7%), Vitamin K: 3.32µg (3.16%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.11µg (1.86%), Vitamin D: 0.25µg (1.69%)