



Overnight Bran Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons baking soda
- 6 ounces corn flakes/bran flakes with raisins
- 1 cup fruit mixed dried
- 2 large eggs lightly beaten
- 2.5 cups flour all-purpose
- 2 cups nonfat buttermilk
- 1 teaspoon salt
- 0.3 cup vegetable oil

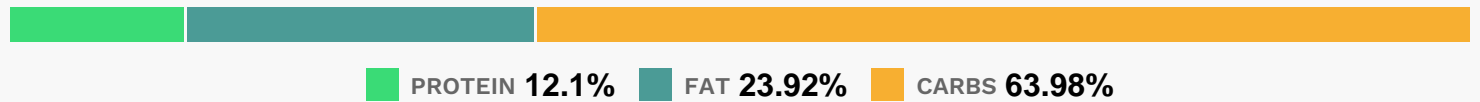
Equipment

- bowl
- oven
- muffin liners

Directions

- Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk, oil, and eggs; add to dry ingredients, stirring just until dry ingredients are moistened. Cover and chill at least 8 hours.
- Preheat oven to 40
- Spoon batter into 24 muffin cups coated with cooking spray, filling about three-fourths full.
- Bake at 400 for 14 to 15 minutes or until golden.
- Remove muffins from pans immediately, and serve warm.
- Tip: You can make this muffin batter ahead and store it in the refrigerator up to three days.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:10.65, Inflammation Score:-4, Nutrition Score:6.6860868697581%

Nutrients (% of daily need)

Calories: 108.32kcal (5.42%), Fat: 2.96g (4.55%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 15.99g (5.82%), Sugar: 3.15g (3.5%), Cholesterol: 15.89mg (5.3%), Sodium: 228.05mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Folate: 73.21µg (18.3%), Manganese: 0.35mg (17.58%), Iron: 2.7mg (14.98%), Selenium: 9.42µg (13.46%), Vitamin B1: 0.2mg (13.16%), Vitamin B2: 0.18mg (10.82%), Vitamin B3: 1.97mg (9.83%), Fiber: 1.81g (7.25%), Vitamin B6: 0.14mg (6.75%), Vitamin B12: 0.39µg (6.52%), Phosphorus: 55.25mg (5.53%), Magnesium: 20.73mg (5.18%), Vitamin K: 4.59µg (4.37%), Vitamin A: 199.85IU (4%), Zinc: 0.51mg (3.4%), Copper: 0.06mg (3.1%), Vitamin D: 0.32µg (2.11%), Vitamin E: 0.3mg (1.99%), Potassium: 68.81mg (1.97%), Vitamin B5: 0.19mg (1.9%), Calcium: 12.73mg (1.27%)