



## Pear Oat Bran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon double-acting baking powder
- 1.5 teaspoon baking soda
- 1.5 cups buttermilk
- 0.1 teaspoon cinnamon
- 0.5 cup brown sugar light packed (I used brown)
- 1 cup oat bran
- 1 cup pears grated unpeeled

- 1 teaspoon vanilla extract
- 5 tablespoons vegetable oil
- 1 cup walnuts chopped
- 0.3 cup water
- 2 cups pastry flour whole wheat

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin tray

## Directions

- Preheat oven to 400F/200C for 15 minutes. Grease a muffin tin or use paper liners. In a large bowl combine together all the dry ingredients (from whole wheat flour to grated pear). In a measuring mug, measure the buttermilk.
- Add 1/4 cup water, vinegar, vanilla extract and oil.
- Whisk together. Dissolve the brown sugar in this liquid mixture and blend it well with a fork.
- Add the wet ingredients to the dry ingredients, stirring just until moistened. Do not over mix. Fill the batter in each muffin cup to the top.
- Sprinkle a teaspoon of oatmeal on each cup.
- Bake for 20 minutes or until a toothpick inserted in the middle of the muffin comes out clean. Mine was done in 16 minutes. Leave it in the pan for 10-15 minutes. Then transfer it to a cooling rack.

## Nutrition Facts



■ PROTEIN 9.33% ■ FAT 43.6% ■ CARBS 47.07%

## Properties

Glycemic Index:22.88, Glycemic Load:4, Inflammation Score:-4, Nutrition Score:12.951738943224%

## Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 267.11kcal (13.36%), Fat: 14.24g (21.9%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 30g (10.91%), Sugar: 11.97g (13.3%), Cholesterol: 3.3mg (1.1%), Sodium: 278.31mg (12.1%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 6.86g (13.71%), Manganese: 1.73mg (86.38%), Selenium: 18.58µg (26.55%), Phosphorus: 227.59mg (22.76%), Fiber: 4.6g (18.39%), Vitamin B1: 0.27mg (17.77%), Magnesium: 71.09mg (17.77%), Copper: 0.29mg (14.66%), Calcium: 124.13mg (12.41%), Vitamin K: 11.71µg (11.15%), Iron: 1.75mg (9.71%), Vitamin B6: 0.17mg (8.46%), Zinc: 1.25mg (8.37%), Vitamin B2: 0.12mg (7.31%), Potassium: 237.73mg (6.79%), Folate: 25.46µg (6.37%), Vitamin B3: 1.24mg (6.21%), Vitamin E: 0.81mg (5.43%), Vitamin B5: 0.46mg (4.58%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.3%), Vitamin A: 58.94IU (1.18%)