



Plum Walnut Bran Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup corn flakes/bran flakes crushed
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs slightly beaten
- ☐ 1 cup buttermilk

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup plums dried orange-flavored quartered
- ☐ 0.5 cup walnut pieces coarsely chopped
- ☐ 2 tablespoons granulated sugar

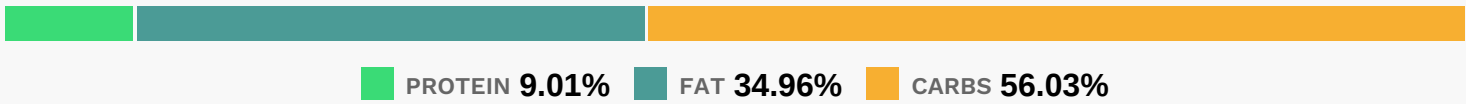
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°. Grease 12 medium muffin cups, 2 3/4x1 1/4 inches, with shortening; or line muffin cups with paper baking cups and spray with cooking spray.
- ☐ Mix flour, cereal, brown sugar, baking powder, baking soda and salt in large bowl with spoon. Stir in egg, buttermilk and oil just until moistened. Gently stir in plums and walnuts. Divide batter evenly among muffin cups.
- ☐ Sprinkle 1/2 teaspoon of the granulated sugar on each muffin.
- ☐ Bake 13 to 15 minutes or until toothpick inserted in center comes out clean.
- ☐ Remove from pan to wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:11.15, Inflammation Score:-4, Nutrition Score:6.672608660615%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.71kcal (7.79%), Fat: 6.25g (9.61%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.05g (7.65%), Sugar: 9.58g (10.64%), Cholesterol: 15.84mg (5.28%), Sodium: 210.58mg (9.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Manganese: 0.39mg (19.32%), Folate: 54.3µg (13.57%), Selenium: 8.34µg (11.91%), Vitamin B1: 0.18mg (11.79%), Iron: 1.88mg (10.45%), Vitamin B2: 0.17mg (10.2%), Phosphorus: 87.15mg (8.71%), Calcium: 77.1mg (7.71%), Vitamin B3: 1.46mg (7.32%), Copper: 0.13mg (6.54%), Fiber: 1.48g (5.93%), Magnesium: 22.2mg (5.55%), Vitamin B6: 0.11mg (5.39%), Vitamin B12: 0.29µg (4.86%), Vitamin K: 4.51µg (4.29%), Vitamin A: 184.55IU (3.69%), Zinc: 0.55mg (3.65%), Potassium: 113.12mg (3.23%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.3mg (2.03%), Vitamin C: 1.37mg (1.66%)