



Rice Cooker Muffin Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apples diced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup banana diced
- ☐ 1.5 cups corn flakes/bran flakes crushed
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1.5 teaspoons ground nutmeg
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 cup skim milk
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup sugar white

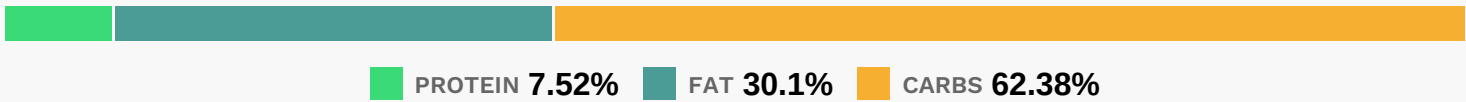
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ rice cooker

Directions

- ☐ Spray rice cooker bowl with cooking spray.
- ☐ Mix flour, sugar, baking powder, baking soda, and salt together in a bowl.
- ☐ Combine bran flakes, milk, cinnamon, nutmeg, and vanilla extract together in a separate large bowl; allow bran flakes to slightly absorb the milk, about 5 minutes.
- ☐ Add egg and oil to bran mixture; stir to combine. Stir flour into bran mixture until just combined.
- ☐ Gently fold apple, banana, and raisins into batter.
- ☐ Pour into sprayed rice cooker.
- ☐ Cook in the rice cooker for 3 cycles or until a toothpick inserted in the center of the cake comes out clean, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:70.4, Glycemic Load:22.51, Inflammation Score:-5, Nutrition Score:10.153478202613%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 227.38kcal (11.37%), Fat: 7.85g (12.08%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 33.7g (12.25%), Sugar: 13.49g (14.99%), Cholesterol: 21.38mg (7.13%), Sodium: 378.9mg (16.47%), Alcohol: 0.26g (100%), Alcohol %: 0.32% (100%), Protein: 4.41g (8.82%), Manganese: 0.5mg (24.98%), Folate: 84.41µg (21.1%), Iron: 3.31mg (18.38%), Vitamin B1: 0.25mg (16.8%), Selenium: 11.74µg (16.77%), Vitamin B2: 0.27mg (15.88%), Phosphorus: 124.66mg (12.47%), Vitamin B3: 2.37mg (11.83%), Fiber: 2.92g (11.66%), Calcium: 115.26mg (11.53%), Vitamin B6: 0.21mg (10.59%), Vitamin B12: 0.6µg (10.03%), Magnesium: 30.95mg (7.74%), Vitamin E: 1.13mg (7.53%), Potassium: 211.68mg (6.05%), Vitamin A: 291.38IU (5.83%), Copper: 0.1mg (4.93%), Zinc: 0.74mg (4.92%), Vitamin D: 0.69µg (4.63%), Vitamin K: 4.57µg (4.35%), Vitamin B5: 0.37mg (3.68%), Vitamin C: 1.53mg (1.85%)