



HEALTH SCORE

100%

Six Week Bran Muffins



Very Healthy

READY IN

**45 min.**

SERVINGS

**1**

CALORIES

**23659 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 cups bran cereal whole
- ☐ 5 tablespoons baking soda
- ☐ 12 cups buttermilk
- ☐ 12 eggs
- ☐ 15 cups flour all-purpose
- ☐ 1 tablespoon salt
- ☐ 3 cups shortening
- ☐ 6 cups water boiling

☐ 9 cups sugar white

Equipment

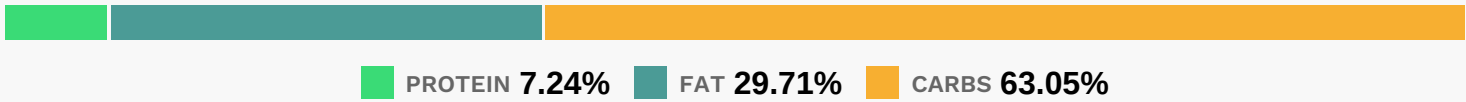
☐ bowl

☐ oven

Directions

- ☐ In a large bowl, add boiling water to the first 6 cups of bran cereal, cool.
- ☐ Cream shortening or margarine, sugar, eggs, and buttermilk together.
- ☐ Add to bran mixture. Stir in flour, baking soda, and salt. Fold in the 12 cups of bran cereal. Stir only until moistened.
- ☐ Bake in a preheated 425 degree F (220 degree C) oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:220.76, Glycemic Load:2484.51, Inflammation Score:-10, Nutrition Score:95.652173913043%

Nutrients (% of daily need)

Calories: 23659.2kcal (1182.96%), Fat: 821.13g (1263.28%), Saturated Fat: 236.09g (1475.54%), Carbohydrates: 3920.01g (1306.67%), Net Carbohydrates: 3651.39g (1327.78%), Sugar: 2060.77g (2289.74%), Cholesterol: 2280.96mg (760.32%), Sodium: 29236.79mg (1271.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 450.13g (900.26%), Vitamin B6: 92.05mg (4602.28%), Manganese: 68.27mg (3413.55%), Folate: 13569.81µg (3392.45%), Vitamin B12: 157.82µg (2630.32%), Vitamin B1: 33.3mg (2219.69%), Vitamin B2: 37.13mg (2184.32%), Phosphorus: 14074.44mg (1407.44%), Selenium: 985.16µg (1407.36%), Iron: 229.44mg (1274.65%), Vitamin B3: 223.8mg (1119%), Fiber: 268.62g (1074.47%), Magnesium: 3471.52mg (867.88%), Zinc: 123.48mg (823.17%), Calcium: 6854.15mg (685.41%), Copper: 11.9mg (594.81%), Vitamin D: 79.99µg (533.28%), Vitamin A: 20600.88IU (412.02%), Potassium: 14249.13mg (407.12%), Vitamin B5: 39.32mg (393.19%), Vitamin E: 55.24mg (368.25%), Vitamin K: 381.72µg (363.54%), Vitamin C: 148.8mg (180.36%)