



## Upside-Down Date-Bran Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup corn flakes/bran flakes
- 1 cup buttermilk
- 0.3 cup canola oil
- 1 teaspoon vanilla
- 1 eggs
- 1.3 cups flour whole wheat
- 0.8 cup dates chopped
- 0.5 cup brown sugar packed
- 1 teaspoon baking soda

- 0.3 teaspoon salt
- 3 tablespoons brown sugar packed
- 2 tablespoons butter melted
- 1 tablespoon plus light

## Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- toothpicks
- muffin liners
- muffin tray

## Directions

- Heat oven to 400°F. Grease bottoms and sides of 12 regular-size muffin cups with shortening or cooking spray (do not use paper baking cups).
- In blender or food processor, place cereal, buttermilk, oil, vanilla and egg. Cover; let stand 10 minutes. Meanwhile, in small bowl, stir all topping ingredients until well mixed.
- Place 1 teaspoon of the topping in bottom of each muffin cup.
- Blend cereal mixture in blender on medium speed until smooth; set aside. In medium bowl, stir flour, dates, 1/2 cup brown sugar, the baking soda and salt until well mixed.
- Pour cereal mixture over flour mixture; stir just until moistened (batter will be thick). Divide batter evenly among muffin cups.
- Bake 14 to 18 minutes or until toothpick inserted in center comes out clean. Immediately place cookie sheet upside down on muffin pan; turn cookie sheet and pan over to remove muffins.
- Serve warm if desired.

## Nutrition Facts



■ PROTEIN **6.17%** ■ FAT **33.07%** ■ CARBS **60.76%**

## Properties

Glycemic Index:14.52, Glycemic Load:5.27, Inflammation Score:-4, Nutrition Score:7.3647826153623%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 207.4kcal (10.37%), Fat: 7.98g (12.27%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 30.3g (11.02%), Sugar: 20.74g (23.04%), Cholesterol: 15.84mg (5.28%), Sodium: 210.86mg (9.17%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.35g (6.69%), Manganese: 0.66mg (33.09%), Selenium: 11.78µg (16.82%), Fiber: 2.68g (10.73%), Iron: 1.63mg (9.08%), Phosphorus: 90.59mg (9.06%), Vitamin B1: 0.12mg (8.21%), Magnesium: 32.37mg (8.09%), Folate: 32.35µg (8.09%), Vitamin B2: 0.13mg (7.39%), Vitamin E: 1.06mg (7.07%), Vitamin B6: 0.14mg (7.07%), Vitamin B3: 1.33mg (6.65%), Copper: 0.1mg (5.02%), Potassium: 173.15mg (4.95%), Vitamin B12: 0.29µg (4.89%), Calcium: 45.46mg (4.55%), Vitamin A: 221.64IU (4.43%), Zinc: 0.65mg (4.36%), Vitamin K: 3.93µg (3.74%), Vitamin B5: 0.31mg (3.09%), Vitamin D: 0.44µg (2.96%)