



Whole Wheat, Oatmeal, and Raisin Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup dates pitted chopped
- ☐ 0.3 cup cranberries dried
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 cup buttermilk low-fat
- ☐ 1.5 cups oats
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water boiling
- ☐ 2 tablespoons wheat bran
- ☐ 2 tablespoons wheat germ
- ☐ 4.8 ounces flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

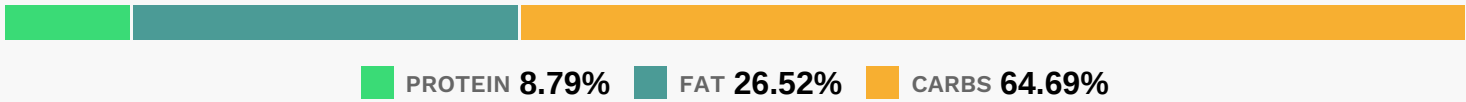
Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 7 ingredients (through salt) in a large bowl, stirring with a whisk. Stir in oats, dates, raisins, and cranberries. Make a well in center of mixture.
- ☐ Combine buttermilk, oil, vanilla, and egg; add to flour mixture, stirring just until moist. Stir in boiling water.
- ☐ Let batter stand 15 minutes.
- ☐ Preheat oven to 375
- ☐ Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 375 for 20 minutes or until muffins spring back when touched lightly in center.

☐

Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:10.13, Inflammation Score:-3, Nutrition Score:9.7313044148943%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 208.23kcal (10.41%), Fat: 6.54g (10.06%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 31.68g (11.52%), Sugar: 14.86g (16.51%), Cholesterol: 16.3mg (5.43%), Sodium: 273.14mg (11.88%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.87g (9.75%), Manganese: 1.36mg (68.14%), Selenium: 14.95µg (21.36%), Fiber: 4.2g (16.79%), Magnesium: 66.44mg (16.61%), Phosphorus: 151.27mg (15.13%), Vitamin B1: 0.16mg (10.45%), Iron: 1.48mg (8.25%), Vitamin E: 1.13mg (7.56%), Copper: 0.15mg (7.41%), Zinc: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.57%), Vitamin B2: 0.11mg (6.56%), Potassium: 219.3mg (6.27%), Vitamin B3: 1.18mg (5.88%), Calcium: 45.2mg (4.52%), Vitamin K: 4.36µg (4.15%), Folate: 16.61µg (4.15%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.08µg (1.35%)