



## Workday Raisin Bran-Berry Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.3 cups blueberries frozen
- 0.3 cup butter melted
- 1 Tbsp calumet baking powder
- 1 eggs
- 1.3 cups flour
- 1 cup milk
- 1.5 cups raisin bran cereal
- 0.5 cup sugar

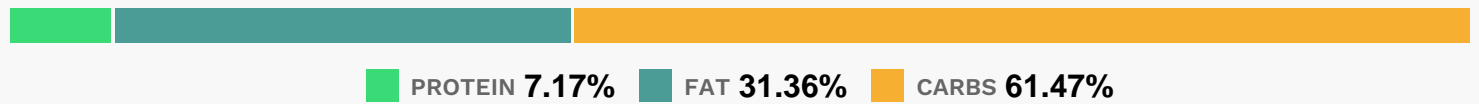
# Equipment

- bowl
- oven
- muffin tray

# Directions

- Mix cereal, flour and baking powder in large bowl; stir in frozen blueberries. Beat egg in medium bowl; mix in sugar until well blended. Stir in milk and butter.
- Add to cereal mixture; stir just until moistened. (Batter will be lumpy.)
- Spoon batter into greased or paper-lined muffin pan, filling each cup 2/3 full.
- Bake at 400F for 20 minutes or until golden brown.

# Nutrition Facts



# Properties

Glycemic Index:26.26, Glycemic Load:14.85, Inflammation Score:-5, Nutrition Score:6.725652233414%

# Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg, Petunidin: 4.86mg Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg, Delphinidin: 5.46mg Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg, Malvidin: 10.42mg Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg, Peonidin: 3.13mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 178.63kcal (8.93%), Fat: 6.41g (9.86%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 26.51g (9.64%), Sugar: 13.31g (14.79%), Cholesterol: 16.08mg (5.36%), Sodium: 207.08mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Manganese: 0.39mg (19.28%), Folate: 53.13µg

(13.28%), Iron: 2.22mg (12.31%), Vitamin B1: 0.17mg (11.5%), Vitamin B2: 0.18mg (10.31%), Selenium: 6.72µg (9.6%), Calcium: 94.05mg (9.41%), Phosphorus: 93.01mg (9.3%), Vitamin B3: 1.54mg (7.68%), Vitamin A: 380.35IU (7.61%), Fiber: 1.76g (7.03%), Vitamin B12: 0.33µg (5.55%), Magnesium: 19.71mg (4.93%), Vitamin B6: 0.09mg (4.62%), Zinc: 0.53mg (3.56%), Copper: 0.06mg (3.09%), Vitamin K: 3.23µg (3.08%), Potassium: 104.03mg (2.97%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.38mg (2.53%), Vitamin B5: 0.23mg (2.32%), Vitamin C: 1.57mg (1.91%)