



Yogurt-Bran Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup all-bran cereal
- 2 egg whites slightly beaten
- 0.3 cup vegetable oil
- 12 oz vanilla yogurt french yoplait®
- 1.5 cups flour all-purpose
- 0.3 cup brown sugar packed
- 1.3 teaspoons baking soda
- 0.5 teaspoon salt

0.5 cup raspberries fresh

Equipment

food processor

bowl

frying pan

oven

ziploc bags

muffin liners

rolling pin

meat tenderizer

Directions

Heat oven to 400°F.

Place paper baking cup in each of 12 regular-size muffin cups, or grease bottom of each muffin cup with shortening.

Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).

In medium bowl, stir together egg whites, oil and yogurt.

Add cereal, flour, brown sugar, baking soda and salt; stir just until dry ingredients are moistened. Gently stir in berries. Divide batter evenly among muffin cups, filling each 3/4 full.

Bake 18 to 20 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



PROTEIN 10.09% **FAT 28.21%** **CARBS 61.7%**

Properties

Glycemic Index:12.14, Glycemic Load:9.73, Inflammation Score:-5, Nutrition Score:10.452608647554%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 162.92kcal (8.15%), Fat: 5.34g (8.22%), Saturated Fat: 1g (6.27%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.04g (8.74%), Sugar: 10.95g (12.17%), Cholesterol: 1.42mg (0.47%), Sodium: 253.31mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin B6: 0.65mg (32.26%), Manganese: 0.53mg (26.44%), Folate: 100.71µg (25.18%), Vitamin B12: 1.13µg (18.77%), Vitamin B2: 0.3mg (17.53%), Vitamin B1: 0.25mg (16.91%), Selenium: 8.26µg (11.79%), Phosphorus: 117.01mg (11.7%), Iron: 1.74mg (9.65%), Fiber: 2.26g (9.04%), Vitamin B3: 1.76mg (8.8%), Vitamin K: 9.09µg (8.65%), Calcium: 77.65mg (7.77%), Magnesium: 28.88mg (7.22%), Zinc: 1.01mg (6.73%), Potassium: 155.35mg (4.44%), Copper: 0.09mg (4.43%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.31mg (3.14%), Vitamin C: 2.57mg (3.12%), Vitamin A: 104.1IU (2.08%), Vitamin D: 0.22µg (1.48%)