



Apricot-Cranberry Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.8 cups baking mix bisquick heart smart®
- 0.5 cup sugar
- 0.3 cup apricot dried chopped
- 0.3 cup cranberries dried
- 0.8 cup milk
- 1 tablespoon butter melted
- 0.5 teaspoon nutmeg
- 0.5 teaspoon ground cinnamon
- 2 egg whites fat-free

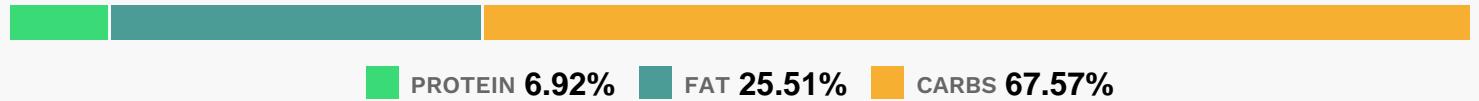
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 400°F. Line 12 regular-size muffin cups with paper baking cups.
- In large bowl, stir all ingredients just until moistened. Divide batter evenly among muffin cups.
- Bake 13 to 18 minutes or until golden brown. Cool slightly; remove from pan.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:6.77, Inflammation Score:-2, Nutrition Score:3.5643478269162%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 146.84kcal (7.34%), Fat: 4.24g (6.53%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.42g (8.88%), Sugar: 15.52g (17.25%), Cholesterol: 2.18mg (0.73%), Sodium: 249.03mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Phosphorus: 121.86mg (12.19%), Vitamin B1: 0.11mg (7.38%), Vitamin B2: 0.13mg (7.36%), Folate: 22.52µg (5.63%), Calcium: 54.14mg (5.41%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.93mg (4.65%), Vitamin A: 197.61IU (3.95%), Selenium: 2.76µg (3.94%), Fiber: 0.87g (3.48%), Iron: 0.61mg (3.4%), Potassium: 104.4mg (2.98%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.25mg (2.48%), Copper: 0.04mg (2.22%), Magnesium: 8.28mg (2.07%), Vitamin E: 0.3mg (1.97%), Vitamin K: 1.58µg (1.5%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.19mg (1.27%), Vitamin D: 0.17µg (1.12%)