



Blueberry-Cranberry Orange Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter melted
- 0.3 cup blueberries dried
- 0.3 cup cranberries dried
- 1 large eggs lightly beaten
- 2 cups flour all-purpose
- 1.3 cups buttermilk low-fat

- 2 teaspoons orange rind grated
- 0.3 teaspoon salt
- 0.7 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

Equipment

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

Directions

- Preheat oven to 40
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through salt) in a large bowl; make a well in center of mixture.
- Combine buttermilk and next 6 ingredients (buttermilk through egg) in a bowl; add to flour mixture. Stir just until moist. Spoon batter into 12 muffin cups coated with cooking spray, and sprinkle evenly with 1 tablespoon sugar.
- Bake at 400 for 18 minutes or until lightly browned.
- Remove muffins from pans; cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:29.77, Glycemic Load:20.08, Inflammation Score:-2, Nutrition Score:4.515652169352%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 193.32kcal (9.67%), Fat: 4.85g (7.47%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 32.98g (11.99%), Sugar: 16.98g (18.87%), Cholesterol: 26.67mg (8.89%), Sodium: 221.91mg (9.65%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Protein: 3.64g (7.28%), Selenium: 8.98µg (12.83%), Vitamin B1: 0.17mg (11.65%), Folate: 41.58µg (10.39%), Vitamin B2: 0.17mg (9.75%), Manganese: 0.15mg (7.59%), Calcium: 67.59mg (6.76%), Iron: 1.19mg (6.6%), Phosphorus: 65.38mg (6.54%), Vitamin B3: 1.27mg (6.34%), Fiber: 1.15g (4.6%), Vitamin A: 153.83IU (3.08%), Potassium: 94.72mg (2.71%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.31mg (2.09%), Magnesium: 8.28mg (2.07%), Copper: 0.04mg (1.94%), Vitamin B12: 0.1µg (1.67%), Vitamin E: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.33%)