



Cornmeal-Cranberry Muffins

 Vegetarian

READY IN



15 min.

SERVINGS



100

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons butter melted
- 0.8 cup buttermilk
- 1 cup cranberries
- 1 eggs lightly beaten
- 1.3 cups flour all-purpose
- 0.3 cup orange juice
- 0.8 cup sugar

0.5 cup cornmeal yellow

Equipment

bowl

oven

muffin liners

Directions

Stir together first 4 ingredients in a large bowl; make a well in center of mixture.

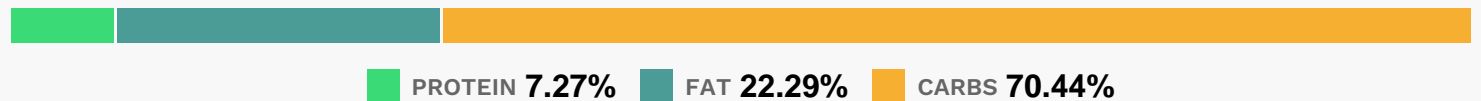
Add buttermilk and next 3 ingredients, and stir just until dry ingredients are moistened. Fold in cranberries. Spoon batter evenly into 12 paper-lined muffin cups, filling two-thirds full.

Bake at 425 for 20 minutes or until lightly browned and a wooden pick inserted in center comes out clean.

Remove muffins from pans to wire racks; let cool 15 minutes.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:0.53565217036268%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 20.43kcal (1.02%), Fat: 0.51g (0.79%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.7g (1.89%), Cholesterol: 2.74mg (0.91%), Sodium: 13.8mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Selenium: 0.83µg (1.18%), Vitamin B1: 0.02mg (1.15%), Manganese: 0.02mg (1.02%)