



Cornmeal Cranberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter at room temperature
- 8 ounce cranberries fresh thawed
- 1 large eggs at room temperature
- 1.5 cups flour all-purpose
- 0.5 cup cornmeal yellow stone-ground
- 1 cup milk at room temperature
- 0.5 teaspoon salt

0.5 cup sugar

Equipment

bowl

oven

wire rack

hand mixer

Directions

Preheat oven to 40

Sift together flour and baking powder in a medium bowl. Stir in cornmeal and salt until blended.

Cream together butter and sugar in a separate bowl at medium-high speed with an electric mixer until light and fluffy; beat in egg.

Add dry ingredients to butter mixture alternately with milk, scraping bowl several times, until well blended. Gently fold in cranberries.

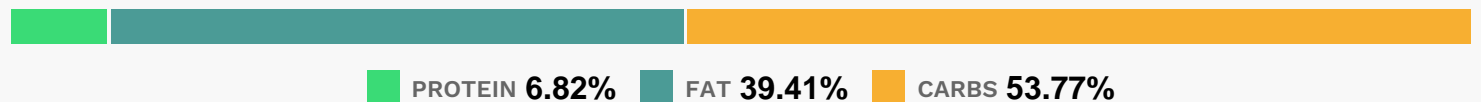
Spoon into greased or lined muffin pans, filling two-thirds full.

Bake at 400 for 20 to 22 minutes until muffins are set and just starting to turn light golden brown.

Cool in pans 2 minutes; turn out, and cool on wire rack for 3 to 5 more minutes.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:13.99, Inflammation Score:-3, Nutrition Score:4.054347846819%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg,

Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 157.2kcal (7.86%), Fat: 6.98g (10.74%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.14g (7.32%), Sugar: 7.7g (8.56%), Cholesterol: 28.71mg (9.57%), Sodium: 208.8mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Manganese: 0.16mg (8.24%), Selenium: 5.64µg (8.06%), Vitamin B1: 0.12mg (7.92%), Calcium: 69.58mg (6.96%), Phosphorus: 65.12mg (6.51%), Folate: 24.96µg (6.24%), Vitamin B2: 0.1mg (6.13%), Fiber: 1.3g (5.18%), Iron: 0.87mg (4.82%), Vitamin A: 227.36IU (4.55%), Vitamin B3: 0.85mg (4.25%), Vitamin B6: 0.06mg (2.87%), Magnesium: 11.3mg (2.82%), Vitamin E: 0.42mg (2.78%), Vitamin C: 1.98mg (2.41%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.24mg (2.35%), Vitamin B12: 0.12µg (2.04%), Copper: 0.04mg (1.99%), Potassium: 69.06mg (1.97%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.31µg (1.24%)