



Cran-Orange Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 0.5 banana whole mashed
- 1 cup cranberries fresh
- 2 tsp orange zest
- 0.5 cup sugar raw
- 0.3 tsp salt
- 6 tbsp apple sauce unsweetened
- 1 tsp vanilla extract

2 cups pastry flour whole wheat

Equipment

bowl

oven

whisk

wire rack

potato masher

muffin tray

Directions

Preheat oven to 350F. Lightly spray muffin tin or paper cups to prevent sticking and set aside. In a large bowl, whisk flour, sugar, baking powder and salt together and set aside. Mash the banana really well using a fork or potato masher and set aside. Juice oranges (about 4 small oranges) and zest one of the rinds. Make a well in the flour mixture and pour in all remaining ingredients. Stir until just combined. Spoon batter into cups 3/4 full and bake 15–25 minutes, until a tooth pick inserted comes out clean (bake time varies on cranberry size and their natural moisture). Immediately transfer muffins to a wire rack and allow to cool.

Nutritional Information

Amount Per Serving

Calories

Fat

NA Carbohydrate

10gDietary Fiber1.20gSugars11.30gProtein2.30g

Nutrition Facts



Properties

Glycemic Index:15.98, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:6.0726085836473%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 114.35kcal (5.72%), Fat: 0.54g (0.82%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 23.33g (8.48%), Sugar: 10.05g (11.17%), Cholesterol: 0mg (0%), Sodium: 130.77mg (5.69%), Alcohol: 0.12g (100%), Alcohol %: 0.3% (100%), Protein: 2.75g (5.5%), Manganese: 0.86mg (43.17%), Selenium: 12.44µg (17.78%), Fiber: 2.69g (10.75%), Phosphorus: 90.75mg (9.07%), Magnesium: 29.94mg (7.49%), Vitamin B1: 0.11mg (7.02%), Calcium: 54.67mg (5.47%), Vitamin B6: 0.11mg (5.34%), Vitamin B3: 1.04mg (5.22%), Iron: 0.89mg (4.93%), Copper: 0.09mg (4.7%), Zinc: 0.54mg (3.61%), Potassium: 106.22mg (3.03%), Vitamin C: 2.12mg (2.57%), Folate: 10.19µg (2.55%), Vitamin B2: 0.04mg (2.42%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.17mg (1.66%)