



## Cran-Orange Muffins



Vegetarian



Vegan



Dairy Free



Popular

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

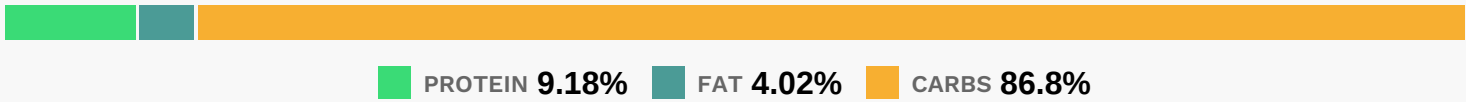
Directions

☐ 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 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%)