



Cranberry Almond Granola Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds
- 1 teaspoon almond extract
- 0.3 cup almonds sliced
- 1 tablespoon double-acting baking powder
- 0.8 cup cranberries fresh chopped
- 0.3 cup eggs fat-free
- 1 cup skim milk fat-free (skim)
- 1.8 cups flour all-purpose

- 0.5 cup granulated sugar
- 0.5 teaspoon salt
- 12 servings sugar
- 0.3 cup vegetable oil

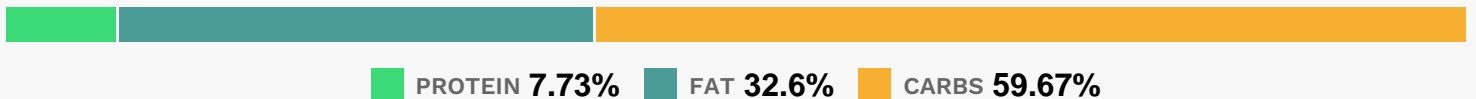
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 400F. Spray 12 regular-size muffin cups with cooking spray, or place paper baking cup in each muffin cup.
- In large bowl, beat milk, oil, egg product and almond extract with spoon. Stir in flour, granulated sugar, baking powder and salt just until flour is moistened (batter will be lumpy). Fold in cranberries and granola.
- Divide batter evenly among muffin cups (cups will be full). Top with almonds and coarse sugar.
- Bake 18 to 20 minutes or until golden brown. Immediately remove from pan. Cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:25.15, Inflammation Score:-3, Nutrition Score:7.2134782438693%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 9.22g (14.19%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 36.26g (13.19%), Sugar: 22.04g (24.49%), Cholesterol: 19.44mg (6.48%), Sodium: 219.26mg (9.53%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.92g (9.84%), Vitamin E: 2.53mg (16.89%), Manganese: 0.33mg (16.54%), Vitamin B2: 0.24mg (13.83%), Selenium: 8.6µg (12.28%), Vitamin B1: 0.17mg (11.57%), Calcium: 113.26mg (11.33%), Phosphorus: 112.05mg (11.21%), Folate: 39.67µg (9.92%), Vitamin K: 8.73µg (8.32%), Iron: 1.36mg (7.57%), Magnesium: 29.02mg (7.25%), Vitamin B3: 1.4mg (6.98%), Fiber: 1.7g (6.81%), Copper: 0.12mg (5.84%), Zinc: 0.54mg (3.59%), Potassium: 124.43mg (3.56%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.33µg (2.17%), Vitamin B6: 0.04mg (2.15%), Vitamin A: 72.82IU (1.46%), Vitamin C: 0.88mg (1.06%)