



## Cranberry Apple Breakfast Muffins

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar
- 12 ounce cranberries fresh diced to taste
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 apples i use 2 granny smith apples cored chopped
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt

- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

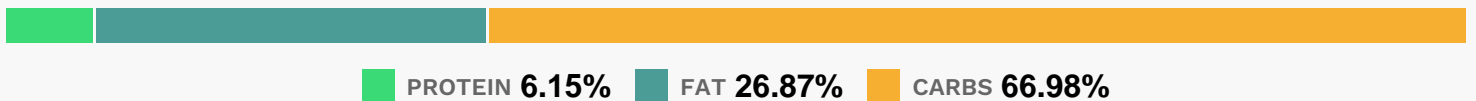
## Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.
- Whisk flour, baking soda, cinnamon, salt, and brown sugar in a bowl. Beat vegetable oil, eggs, and vanilla extract in a separate bowl. Stir egg mixture into flour mixture to make a batter; gently fold apple and cranberries into batter.
- Pour into prepared muffin cups.
- Bake in the preheated oven until muffins are lightly browned on top and a toothpick inserted into the center of a muffin comes out clean, 18 to 22 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.08, Glycemic Load:10.25, Inflammation Score:-2, Nutrition Score:4.9147825966711%

## Flavonoids

Cyanidin: 13.4mg, Cyanidin: 13.4mg, Cyanidin: 13.4mg, Cyanidin: 13.4mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-

gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

## **Nutrients (% of daily need)**

Calories: 183.49kcal (9.17%), Fat: 5.55g (8.54%), Saturated Fat: 0.98g (6.16%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 29.25g (10.64%), Sugar: 16.24g (18.05%), Cholesterol: 31mg (10.33%), Sodium: 156.41mg (6.8%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 2.86g (5.71%), Manganese: 0.26mg (12.75%), Selenium: 8.05µg (11.51%), Vitamin K: 10.23µg (9.74%), Vitamin B1: 0.13mg (8.8%), Folate: 33.4µg (8.35%), Fiber: 1.89g (7.58%), Vitamin B2: 0.13mg (7.37%), Iron: 1.07mg (5.93%), Vitamin E: 0.87mg (5.83%), Vitamin C: 4.67mg (5.66%), Vitamin B3: 0.99mg (4.95%), Phosphorus: 38.84mg (3.88%), Vitamin B5: 0.31mg (3.08%), Copper: 0.06mg (2.79%), Potassium: 86.64mg (2.48%), Vitamin B6: 0.05mg (2.47%), Calcium: 23.34mg (2.33%), Magnesium: 8.28mg (2.07%), Zinc: 0.26mg (1.71%), Vitamin A: 70.69IU (1.41%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)