



## Cranberry Apple Muffins

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups apples shredded peeled
- 1.3 cups sugar
- 1 cup cranberries fresh thawed chopped
- 1 cup carrots shredded
- 1 cup nuts chopped
- 2 large eggs lightly beaten room temperature
- 0.5 cup vegetable oil
- 2.5 cups flour all-purpose

- 3 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 2 teaspoons ground coriander
- 0.5 teaspoon salt

## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a bowl, combine apples and sugar; let stand for 10 minutes.
- Add cranberries, carrots, nuts, eggs and oil; mix well.
- Combine the flour, baking powder, baking soda, cinnamon, coriander if desired and salt; stir into apple mixture just until moistened. Fill paper-lined muffin cups two-thirds full.
- Bake at 375&deg; for 25-30 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts



**PROTEIN 7.81%** **FAT 26.81%** **CARBS 65.38%**

## Properties

Glycemic Index:21.98, Glycemic Load:21.43, Inflammation Score:-7, Nutrition Score:6.8230435148529%

## Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg

0.08mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

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

Calories: 200.66kcal (10.03%), Fat: 6.16g (9.48%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 31.69g (11.52%), Sugar: 16.88g (18.75%), Cholesterol: 20.67mg (6.89%), Sodium: 271.46mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 1230.67IU (24.61%), Manganese: 0.35mg (17.69%), Selenium: 7.76µg (11.09%), Vitamin B1: 0.16mg (10.85%), Folate: 40.22µg (10.05%), Fiber: 2.13g (8.53%), Phosphorus: 84.84mg (8.48%), Vitamin B2: 0.14mg (8.21%), Iron: 1.39mg (7.7%), Vitamin B3: 1.5mg (7.51%), Copper: 0.15mg (7.27%), Magnesium: 25.42mg (6.35%), Calcium: 58.1mg (5.81%), Vitamin K: 3.89µg (3.7%), Zinc: 0.54mg (3.61%), Potassium: 120.28mg (3.44%), Vitamin B5: 0.3mg (3.03%), Vitamin B6: 0.06mg (2.99%), Vitamin C: 1.92mg (2.33%), Vitamin E: 0.32mg (2.12%)