



## Cranberry-Cardamom Muffins

READY IN



35 min.

SERVINGS



24

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 1.8 teaspoons baking soda
- 0.5 cup butter melted
- 1.5 cups cranberries fresh
- 4 eggs lightly beaten
- 3.5 cups flour all-purpose
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon salt
- 16 ounces cream sour

- 1.8 cups sugar
- 1 teaspoon vanilla extract

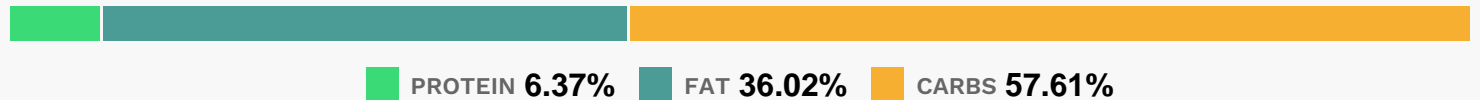
## Equipment

- bowl
- oven
- muffin liners

## Directions

- In a large bowl, combine flour, sugar, baking soda, baking powder, salt and cardamom.
- Add cranberries; stir to coat. In a small bowl, combine eggs, sour cream, butter and vanilla; mix well.
- Add to cranberry mixture; stir just until moistened. Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 375° for 15–10 minutes or until muffins test done.
- Remove from pans; serve warm.

## Nutrition Facts



## Properties

Glycemic Index:11.96, Glycemic Load:20.52, Inflammation Score:-3, Nutrition Score:4.3378260653952%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg 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, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

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

Calories: 207.98kcal (10.4%), Fat: 8.41g (12.93%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.52g (10.74%), Sugar: 15.56g (17.29%), Cholesterol: 38.43mg (12.81%), Sodium: 207.44mg (9.02%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.34g (6.69%), Selenium: 9.23µg (13.18%), Vitamin B1: 0.15mg (10.08%), Folate: 38.05µg (9.51%), Vitamin B2: 0.16mg (9.49%), Manganese: 0.16mg (8.19%), Vitamin A: 330.26IU (6.61%), Iron: 1.03mg (5.74%), Vitamin B3: 1.11mg (5.54%), Phosphorus: 54.08mg (5.41%), Calcium: 38mg (3.8%), Fiber: 0.73g (2.92%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.39mg (2.59%), Copper: 0.04mg (1.99%), Zinc: 0.3mg (1.97%), Magnesium: 7.46mg (1.86%), Vitamin B12: 0.11µg (1.83%), Potassium: 61.28mg (1.75%), Vitamin B6: 0.03mg (1.62%), Vitamin C: 1.06mg (1.29%)