



Cranberry-Citrus Muffins

 Vegetarian

READY IN



53 min.

SERVINGS



1

CALORIES



2017 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups cranberries chopped
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1.5 teaspoons granulated sugar
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 ounce carton vanilla yogurt low-fat
- ☐ 0.5 cup vegetable oil

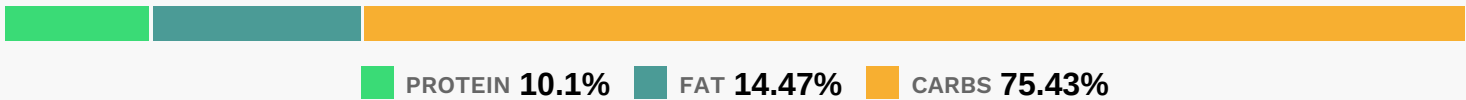
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Combine cranberries and 2 tablespoons flour, tossing gently; set aside.
- ☐ Lightly spoon 2 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, granulated sugar, baking powder, and salt in a large bowl.
- ☐ Whisk together oil and next 5 ingredients (through egg) in a medium bowl. Make a well in center of flour mixture; add oil mixture, stirring just until flour mixture is moist. Fold in cranberry mixture. Spoon the batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle sugar evenly over muffins.
- ☐ Bake at 375 for 33 minutes.
- ☐ Remove muffins from pans immediately, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:352.18, Glycemic Load:242.98, Inflammation Score:-9, Nutrition Score:52.505652386209%

Flavonoids

Cyanidin: 69.64mg, Cyanidin: 69.64mg, Cyanidin: 69.64mg, Cyanidin: 69.64mg Delphinidin: 11.51mg, Delphinidin: 11.51mg, Delphinidin: 11.51mg, Delphinidin: 11.51mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg, Pelargonidin: 0.48mg Peonidin: 73.74mg, Peonidin: 73.74mg, Peonidin: 73.74mg, Peonidin: 73.74mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg, Epicatechin: 6.55mg Epigallocatechin 3-gallate: 1.46mg, Epigallocatechin 3-gallate: 1.46mg, Epigallocatechin 3-gallate: 1.46mg, Epigallocatechin 3-gallate: 1.46mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 9.94mg, Myricetin: 9.94mg, Myricetin: 9.94mg, Myricetin: 9.94mg Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg, Quercetin: 22.26mg

Nutrients (% of daily need)

Calories: 2017.21kcal (100.86%), Fat: 32.6g (50.15%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 382.32g (127.44%), Net Carbohydrates: 370.05g (134.56%), Sugar: 178.38g (198.2%), Cholesterol: 197.34mg (65.78%), Sodium: 2350.62mg (102.2%), Alcohol: 0.69g (100%), Alcohol %: 0.09% (100%), Protein: 51.21g (102.41%), Selenium: 125.43µg (179.18%), Vitamin B1: 2.1mg (139.95%), Vitamin B2: 2.27mg (133.43%), Folate: 510.22µg (127.55%), Manganese: 2.29mg (114.47%), Calcium: 943.69mg (94.37%), Phosphorus: 877.09mg (87.71%), Iron: 14.01mg (77.82%), Vitamin B3: 15.27mg (76.37%), Fiber: 12.27g (49.09%), Vitamin K: 48.72µg (46.4%), Vitamin B5: 3.69mg (36.85%), Potassium: 1069.95mg (30.57%), Vitamin E: 4.49mg (29.91%), Zinc: 4.45mg (29.7%), Vitamin C: 24.1mg (29.22%), Magnesium: 116.13mg (29.03%), Vitamin B12: 1.71µg (28.44%), Copper: 0.54mg (26.92%), Vitamin B6: 0.39mg (19.4%), Vitamin A: 458.02IU (9.16%), Vitamin D: 1µg (6.67%)