



Cranberry-Cornmeal Muffins

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups cranberries fresh
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon maple extract
- ☐ 0.3 cup maple syrup
- ☐ 1.3 cups yogurt plain (not nonfat)

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 8 tablespoons butter unsalted cut into pieces (1 stick)
- ☐ 1 cup cornmeal yellow

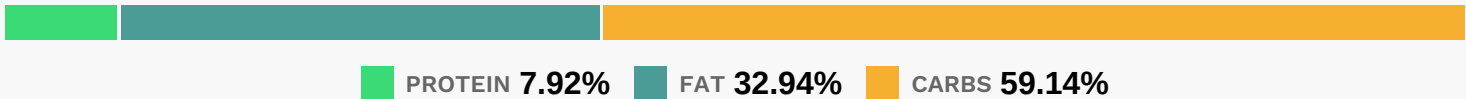
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400F. Line a 12-cup muffin tin with paper liners or mist with cooking spray. Melt butter in a pan over medium-low heat.
- ☐ Transfer to a medium bowl and let cool.
- ☐ In a bowl, whisk flour, cornmeal, baking powder, baking soda and salt.
- ☐ Whisk sugar and maple syrup in another bowl with butter until smooth.
- ☐ Whisk in yogurt, eggs and maple extract, if desired. Stir butter mixture into flour mixture until just moistened. Fold in cranberries.
- ☐ Divide batter among muffin cups.
- ☐ Bake until muffins are golden and a toothpick inserted into center of a muffin comes out clean, 15 to 18 minutes.
- ☐ Let muffins cool in pan 5 minutes, then turn out onto a rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:20.45, Inflammation Score:-3, Nutrition Score:6.0895651941714%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 221.86kcal (11.09%), Fat: 8.17g (12.58%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.21g (11.35%), Sugar: 11.49g (12.76%), Cholesterol: 43.51mg (14.5%), Sodium: 214.06mg (9.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.85%), Manganese: 0.34mg (17.23%), Vitamin B2: 0.23mg (13.27%), Selenium: 8.91µg (12.73%), Vitamin B1: 0.18mg (11.76%), Folate: 38.99µg (9.75%), Phosphorus: 86.1mg (8.61%), Fiber: 1.81g (7.23%), Iron: 1.3mg (7.2%), Vitamin B3: 1.28mg (6.42%), Calcium: 63.63mg (6.36%), Magnesium: 20.25mg (5.06%), Vitamin A: 248.8IU (4.98%), Zinc: 0.71mg (4.71%), Vitamin B6: 0.09mg (4.68%), Vitamin B5: 0.36mg (3.55%), Potassium: 114.91mg (3.28%), Copper: 0.06mg (3.18%), Vitamin E: 0.44mg (2.91%), Vitamin B12: 0.15µg (2.46%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.27µg (1.77%), Vitamin K: 1.15µg (1.1%)