



Cranberry & cream cheese muffins

READY IN



40 min.

SERVINGS



12

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 100 g cheese soft
- ☐ 250 g caster sugar
- ☐ 175 g cranberries
- ☐ 200 g flour plain
- ☐ 2 tsp double-acting baking powder
- ☐ 2 eggs
- ☐ 75 ml flavourless oil such as sunflower
- ☐ 1 tsp vanilla extract

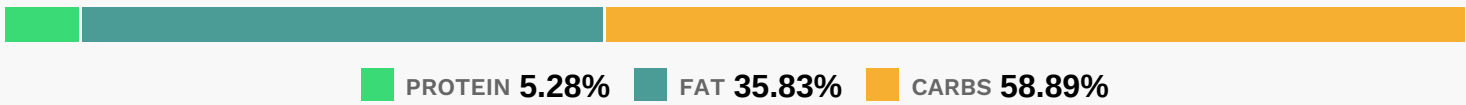
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a 12-hole muffin tin with muffin cases. Beat the soft cheese with 25g of the sugar and chill until needed.
- ☐ Heat the cranberries together with another 25g of sugar until they start to pop. Mash lightly and cool.
- ☐ Sift the flour into a large bowl and add the remaining sugar, baking powder and a pinch of salt.
- ☐ Add the eggs, oil, vanilla and cranberry mixture, and stir together. Dont worry if the mix looks a bit lumpy. Divide it between the cases, they should look about two-thirds full. Make a small dip in the centre of each and put a blob of soft cheese in.
- ☐ Bake for 25 mins or until risen and golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:24.61, Inflammation Score:-2, Nutrition Score:4.6834782465645%

Flavonoids

Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg, Delphinidin: 1.12mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.17mg, Peonidin: 7.17mg, Peonidin: 7.17mg, Peonidin: 7.17mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate:

0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 240.96kcal (12.05%), Fat: 9.73g (14.97%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.01g (12.73%), Sugar: 21.84g (24.27%), Cholesterol: 35.7mg (11.9%), Sodium: 118.71mg (5.16%), Alcohol: 0.12g (100%), Alcohol %: 0.2% (100%), Protein: 3.23g (6.45%), Selenium: 8.76µg (12.51%), Vitamin E: 1.39mg (9.24%), Vitamin B1: 0.14mg (9.16%), Folate: 34.84µg (8.71%), Manganese: 0.17mg (8.54%), Vitamin B2: 0.14mg (8.37%), Calcium: 61.15mg (6.12%), Phosphorus: 59.86mg (5.99%), Iron: 1.04mg (5.78%), Vitamin B3: 1.01mg (5.07%), Vitamin K: 5.2µg (4.95%), Fiber: 0.98g (3.91%), Vitamin A: 160.27IU (3.21%), Vitamin B5: 0.28mg (2.76%), Vitamin C: 2.04mg (2.47%), Copper: 0.04mg (2.04%), Zinc: 0.27mg (1.79%), Vitamin B6: 0.03mg (1.64%), Magnesium: 6.42mg (1.61%), Potassium: 51.71mg (1.48%), Vitamin B12: 0.08µg (1.39%)