



Cranberry-Eggnog Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



540 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cranberries dried roughly chopped
- ☐ 1.5 cups eggnog
- ☐ 2 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 0.8 cup brown sugar light packed
- ☐ 1.3 cups brown sugar light packed
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 stick butter unsalted melted
- ☐ 1.5 sticks butter unsalted melted
- ☐ 1 tablespoon vanilla extract

Equipment

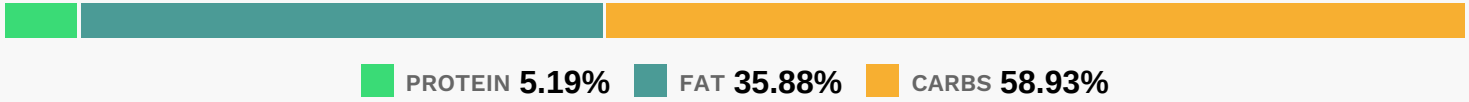
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Prepare the muffins: Preheat the oven to 375 degrees F. Mist a 12-cup muffin pan with cooking spray. Warm the cranberries and rum in a small saucepan over medium heat, then remove from the heat and let steep 5 minutes.
- ☐ Drain.
- ☐ Whisk the flour, baking powder, brown sugar and salt in a medium bowl.
- ☐ Whisk the butter, eggnog, eggs and vanilla in another bowl. Gently fold into the flour mixture. (The batter will be lumpy; do not overmix.) Fold in the cranberries. Divide the batter evenly among the muffin cups.
- ☐ Mix the flour, cinnamon, nutmeg, butter, salt and brown sugar in a bowl with your fingertips until it looks like wet sand.

- ☐ Sprinkle generously over the batter.
- ☐ Bake until the muffins are golden brown and a toothpick inserted into the center comes out clean, about 30 minutes. Cool slightly in the pan, then carefully remove to a rack.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:25.07, Inflammation Score:-6, Nutrition Score:10.052608604017%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 540.04kcal (27%), Fat: 21.78g (33.51%), Saturated Fat: 13.27g (82.96%), Carbohydrates: 80.49g (26.83%), Net Carbohydrates: 78.66g (28.6%), Sugar: 46.77g (51.97%), Cholesterol: 100.35mg (33.45%), Sodium: 356.63mg (15.51%), Alcohol: 0.37g (100%), Alcohol %: 0.29% (100%), Protein: 7.09g (14.17%), Selenium: 18.77µg (26.82%), Vitamin B1: 0.35mg (23.09%), Folate: 81.64µg (20.41%), Manganese: 0.4mg (19.81%), Vitamin B2: 0.32mg (18.71%), Iron: 2.56mg (14.22%), Vitamin A: 699.64IU (13.99%), Calcium: 132.11mg (13.21%), Vitamin B3: 2.62mg (13.11%), Phosphorus: 119.76mg (11.98%), Fiber: 1.83g (7.33%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.9µg (6.01%), Vitamin B5: 0.55mg (5.45%), Magnesium: 21.51mg (5.38%), Potassium: 181.43mg (5.18%), Copper: 0.1mg (5.07%), Vitamin B12: 0.26µg (4.28%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.07mg (3.53%), Vitamin K: 2.74µg (2.61%)