

Cranberry Muffin

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

24

CALORIES

calories

451 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.4 ounces double-acting baking powder
- ☐ 1.1 pounds bread flour
- ☐ 0.1 teaspoon butter flavoring
- ☐ 1 pounds butter softened
- ☐ 1.5 cups cranberries fresh whole
- ☐ 0.3 quart oil
- ☐ 0.4 ounce salt
- ☐ 0.3 pound baker's shortening

- ☐ 1 pound sugar
- ☐ 1.5 ounces vanilla extract
- ☐ 0.5 quart eggs whole

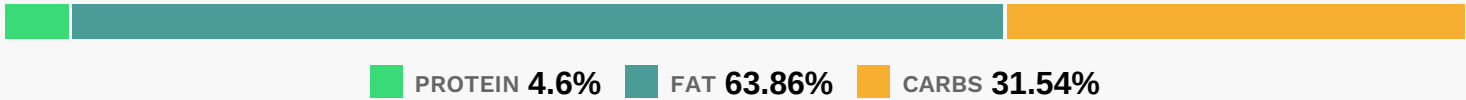
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Mix all ingredients for 10 minutes, but don't over-mix (leave some lumps).
- ☐ Pour into 2 large muffin trays.
- ☐ Bake for 30 minutes or until golden brown and a tester inserted in the middle comes out clean.

Nutrition Facts



Properties

Glycemic Index:15.59, Glycemic Load:23.84, Inflammation Score:-3, Nutrition Score:6.0673913800198%

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

Nutrients (% of daily need)

Calories: 451.16kcal (22.56%), Fat: 32.23g (49.58%), Saturated Fat: 12.3g (76.9%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 35.08g (12.76%), Sugar: 19.5g (21.67%), Cholesterol: 114.03mg (38.01%), Sodium: 494.62mg

(21.51%), Alcohol: 0.61g (100%), Alcohol %: 0.75% (100%), Protein: 5.22g (10.44%), Selenium: 14.81µg (21.15%), Vitamin E: 2.83mg (18.86%), Vitamin A: 583.59IU (11.67%), Calcium: 115.25mg (11.52%), Vitamin K: 11.3µg (10.76%), Manganese: 0.2mg (10.09%), Phosphorus: 100.58mg (10.06%), Vitamin B2: 0.12mg (6.81%), Vitamin B5: 0.47mg (4.67%), Folate: 16.91µg (4.23%), Iron: 0.75mg (4.17%), Vitamin B12: 0.21µg (3.46%), Zinc: 0.46mg (3.08%), Copper: 0.06mg (2.96%), Fiber: 0.74g (2.95%), Vitamin D: 0.39µg (2.63%), Vitamin B6: 0.05mg (2.3%), Magnesium: 9.09mg (2.27%), Vitamin B1: 0.03mg (1.85%), Potassium: 61.37mg (1.75%), Vitamin B3: 0.25mg (1.25%), Vitamin C: 0.88mg (1.06%)