



Cranberry Muffins



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1.5 cups cranberries chopped
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup orange juice
- ☐ 1 tablespoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

☐ 0.3 cup sugar white

Equipment

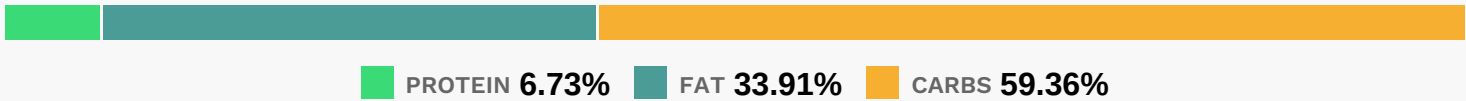
☐ oven

☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease and flour muffin pan, or use paper liners.
- ☐ Sift together flour, salt and baking powder. Set aside.
- ☐ Beat oil and sugar together until light.
- ☐ Add egg and beat until smooth.
- ☐ Add orange juice and grated zest.
- ☐ Add flour mixture and stir just until mixed. Fold in cranberries.
- ☐ Fill greased muffin pans 2/3 full.
- ☐ Bake at 400 degrees F (200 degrees C) for 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:13.36, Inflammation Score:–3, Nutrition Score:4.7621739143911%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 134.37kcal (6.72%), Fat: 5.12g (7.87%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 19.18g (6.98%), Sugar: 6.48g (7.2%), Cholesterol: 13.64mg (4.55%), Sodium: 160.48mg (6.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin C: 12.76mg (15.47%), Vitamin B1: 0.14mg (9.65%), Selenium: 6.49µg (9.27%), Folate: 36.79µg (9.2%), Vitamin K: 9.06µg (8.62%), Manganese: 0.16mg (7.79%), Calcium: 67.31mg (6.73%), Vitamin B2: 0.1mg (6.11%), Iron: 0.98mg (5.43%), Vitamin B3: 1.02mg (5.13%), Phosphorus: 51.04mg (5.1%), Vitamin E: 0.59mg (3.96%), Fiber: 0.97g (3.87%), Potassium: 74.47mg (2.13%), Copper: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.03%), Magnesium: 7.28mg (1.82%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 70.73IU (1.41%), Zinc: 0.18mg (1.2%)