

Cranberry Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons brown sugar packed
- ☐ 1.5 cups cranberries chopped
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 1.5 teaspoons ground nutmeg
- ☐ 0.3 cup butter
- ☐ 0.8 cup orange juice
- ☐ 2 teaspoons orange zest
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups walnuts chopped
- ☐ 1 cup sugar white
- ☐ 8 ounce cranberry sauce whole canned

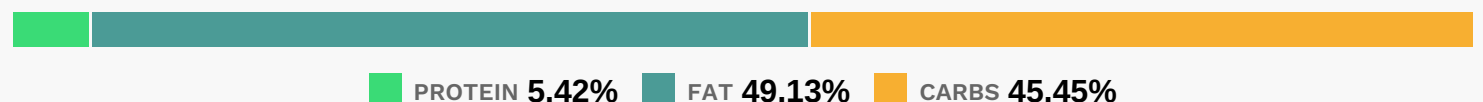
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray or grease a 12 cup and 6 cup muffin tin.
- ☐ Mix together the flour, sugar, baking powder, baking soda, orange peel, nutmeg, cinnamon and ginger.
- ☐ Cut in shortening; stir in juice, vanilla, eggs, cranberries and nuts.
- ☐ Pour into muffin cups and bake for 25 minutes or until brown.
- ☐ Prepare the topping in a saucepan over low heat by whisking together the cranberry sauce, brown sugar and margarine. Cook until heated and smooth.
- ☐ Remove from heat and serve as a spread for the muffins.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:16.54, Inflammation Score:-3, Nutrition Score:6.2130434461262%

Flavonoids

Cyanidin: 4.15mg, Cyanidin: 4.15mg, Cyanidin: 4.15mg, Cyanidin: 4.15mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg 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: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 273.05kcal (13.65%), Fat: 15.34g (23.6%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 30.31g (11.02%), Sugar: 18g (20%), Cholesterol: 18.19mg (6.06%), Sodium: 104.57mg (4.55%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 3.81g (7.62%), Manganese: 0.51mg (25.63%), Vitamin B1: 0.16mg (10.59%), Folate: 40.83µg (10.21%), Selenium: 6.88µg (9.83%), Copper: 0.2mg (9.76%), Vitamin C: 6.9mg (8.37%), Phosphorus: 70.25mg (7.03%), Vitamin B2: 0.12mg (6.88%), Iron: 1.19mg (6.6%), Fiber: 1.61g (6.45%), Magnesium: 21.81mg (5.45%), Vitamin E: 0.81mg (5.39%), Vitamin B3: 1.01mg (5.05%), Calcium: 40.23mg (4.02%), Vitamin B6: 0.08mg (3.98%), Vitamin K: 3.99µg (3.8%), Vitamin A: 173.53IU (3.47%), Zinc: 0.49mg (3.25%), Potassium: 101.45mg (2.9%), Vitamin B5: 0.28mg (2.81%)