



Cranberry Muffins with Walnut Crumb Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup confectioners' sugar
- ☐ 1.5 cups cranberries fresh
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup yogurt plain low-fat
- ☐ 1 pinch salt
- ☐ 2.5 tablespoons butter unsalted melted
- ☐ 4 ounces butter unsalted cooled melted
- ☐ 0.3 cup walnut pieces
- ☐ 1.5 tablespoons water

Equipment

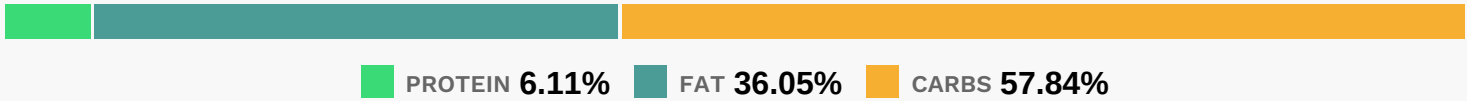
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 42
- ☐ Lightly grease the cups and top of a 12-cup nonstick muffin pan.
- ☐ MAKE THE CRUMB TOPPING: In a pie plate, toast the walnuts for 5 minutes, or until browned and fragrant; cool. In a large bowl, mix the flour with the granulated and light brown sugars, baking powder and salt. Stir in the butter, then add the walnuts and pinch the topping mixture into clumps.
- ☐ MAKE THE MUFFINS: In a medium bowl, mix the flour with 1/2 cup of sugar, baking powder, baking soda and salt. In another bowl, mix the yogurt with the egg and butter; stir in the dry ingredients. Toss the cranberries with the remaining 1 1/2 tablespoons of sugar and fold into the muffin batter.

- ☐ Spoon the batter into the muffin cups and cover with the crumb topping. Gently press the topping onto the muffins so it adheres.
- ☐ Bake for 20 minutes, or until the muffins are golden and a toothpick inserted in the center comes out clean.
- ☐ Let the muffins cool in the pan for 5 minutes, then transfer to a rack set over a baking sheet.
- ☐ MAKE THE GLAZE: In a medium bowl, mix the confectioners' sugar with the water until smooth and barely runny.
- ☐ Drizzle the glaze over the warm muffins and let it set.
- ☐ Serve the muffins warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:22.29, Inflammation Score:-4, Nutrition Score:6.671739137691%

Flavonoids

Cyanidin: 5.87mg, Cyanidin: 5.87mg, Cyanidin: 5.87mg, Cyanidin: 5.87mg 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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 310.65kcal (15.53%), Fat: 12.64g (19.44%), Saturated Fat: 6.88g (42.99%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 44.3g (16.11%), Sugar: 24.16g (26.85%), Cholesterol: 43.31mg (14.44%), Sodium: 151.68mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Selenium: 11.18µg (15.98%), Manganese: 0.31mg (15.52%), Vitamin B1: 0.23mg (15.03%), Folate: 54.77µg (13.69%), Vitamin B2: 0.21mg (12.09%), Calcium: 95.95mg (9.6%), Phosphorus: 95.06mg (9.51%), Iron: 1.51mg (8.38%), Vitamin B3: 1.61mg (8.06%), Vitamin A: 349.94IU (7%), Fiber: 1.32g (5.27%), Copper: 0.09mg (4.68%), Magnesium: 14.95mg (3.74%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.53mg (3.56%), Zinc: 0.52mg (3.46%), Potassium: 108.32mg (3.09%), Vitamin B12: 0.17µg (2.87%), Vitamin B6: 0.05mg (2.5%), Vitamin C: 1.95mg (2.36%), Vitamin D: 0.27µg (1.79%), Vitamin K: 1.69µg (1.61%)