

Cranberry Nut Muffins

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup brown sugar packed
- 1 cup cranberries coarsely chopped
- 2 eggs
- 2 cups flour all-purpose
- 0.7 cup orange juice
- 1 cup pecans chopped
- 0.3 cup vegetable oil

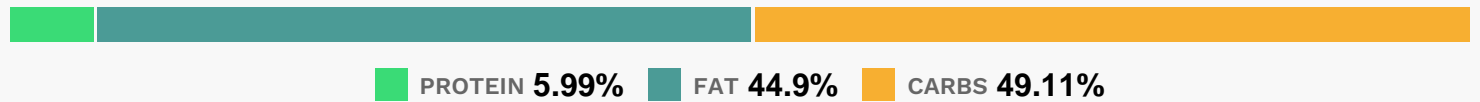
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- In a large bowl, combine flour, brown sugar and baking powder. In another bowl, beat eggs.
- Add orange juice and oil; stir into the dry ingredients just until moistened (batter will be lumpy). Fold in cranberries and pecans. Spoon into 12 greased or paper-lined muffin cups (cups will be almost full).
- Bake at 375° for 20 minutes or until golden brown.
- Remove from pan to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:12.76, Inflammation Score:-3, Nutrition Score:7.6513043227403%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg 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: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 265.25kcal (13.26%), Fat: 13.54g (20.82%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 31.56g (11.47%), Sugar: 15.29g (16.99%), Cholesterol: 27.28mg (9.09%), Sodium: 85.65mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 0.59mg (29.68%), Vitamin B1: 0.24mg (15.99%), Selenium: 9.85µg (14.07%), Folate: 47.92µg (11.98%), Vitamin K: 11.97µg (11.4%), Vitamin C: 8.16mg (9.89%), Vitamin B2: 0.15mg (9.06%), Iron: 1.54mg (8.58%), Copper: 0.16mg (8.08%), Phosphorus: 80.6mg (8.06%), Vitamin B3: 1.42mg (7.1%), Fiber: 1.76g (7.05%), Calcium: 66.36mg (6.64%), Vitamin E: 0.83mg (5.52%), Magnesium: 19.89mg (4.97%), Zinc: 0.67mg (4.47%), Vitamin B5: 0.35mg (3.51%), Potassium: 122.3mg (3.49%), Vitamin B6: 0.06mg (2.83%), Vitamin A: 77.24IU (1.54%), Vitamin B12: 0.07µg (1.09%)