



## Cranberry-Orange Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



14

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon agave nectar
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.7 cup cranberries dried unsweetened
- 0.5 tablespoon applesauce homemade (Ener-G brand or )
- 1 tablespoon ground flaxseed
- 0.5 cup orange juice
- 1 teaspoon orange zest grated

- 0.5 cup rice milk
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1 cup unbleached flour white
- 0.3 cup apple sauce unsweetened
- 1 teaspoon vanilla
- 0.3 cup walnut pieces chopped
- 0.5 cup water hot
- 1 cup flour whole wheat

## Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners
- muffin tray

## Directions

- Put the cranberries in a bowl and pour the hot water and agave nectar over them. Stir and set aside for at least 15 minutes to allow the cranberries to plump up. Preheat the oven to 400°F. Spray the muffin pan with non-stick spray or use a silicone pan or muffin liners. In a large bowl, stir together the dry ingredients: flours, flax seeds, sugar, egg replacer, baking powder, baking soda, and salt. In another bowl, stir together orange juice, soymilk, apple sauce, vanilla, and orange zest. Strain the liquid from the cranberries into the liquid ingredients. Make a well in the center of the dry ingredients and add liquid. Stir just to until all flour is moistened; don't over-stir. Stir in cranberries and nuts. Spoon batter into prepared muffin cups.
- Bake for 12 to 16 minutes or until a toothpick inserted in the center of one muffin comes out clean.
- Remove muffin pan to a wire rack. Cool for 5 to 10 minutes before carefully removing muffins from cups. Makes about 14-16 regular-sized muffins.

# Nutrition Facts

PROTEIN 7.16% FAT 12.16% CARBS 80.68%

## Properties

Glycemic Index:30.51, Glycemic Load:13.13, Inflammation Score:-2, Nutrition Score:4.4569564967052%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 154.32kcal (7.72%), Fat: 2.17g (3.33%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 30.53g (11.1%), Sugar: 17.8g (19.78%), Cholesterol: 1.43mg (0.48%), Sodium: 198.42mg (8.63%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 2.87g (5.74%), Manganese: 0.52mg (26.13%), Selenium: 9.54µg (13.63%), Fiber: 1.81g (7.26%), Vitamin C: 4.98mg (6.04%), Phosphorus: 59.47mg (5.95%), Magnesium: 21.02mg (5.26%), Vitamin B1: 0.08mg (5.22%), Copper: 0.1mg (5.15%), Iron: 0.58mg (3.22%), Folate: 12.84µg (3.21%), Vitamin B3: 0.64mg (3.2%), Vitamin B6: 0.06mg (3.16%), Calcium: 28.45mg (2.85%), Zinc: 0.4mg (2.7%), Potassium: 81.1mg (2.32%), Vitamin B2: 0.04mg (2.28%), Vitamin E: 0.26mg (1.77%), Vitamin B5: 0.15mg (1.49%), Vitamin K: 1.08µg (1.03%)