



Cranberry-Orange Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 0.7 cup cranberries dried coarsely chopped
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 0.3 cup nonfat buttermilk fat-free
- ☐ 1.5 cups flour all-purpose

- ☐ 2 teaspoons orange zest grated
- ☐ 0.3 cup part-skim ricotta
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons cornmeal yellow

Equipment

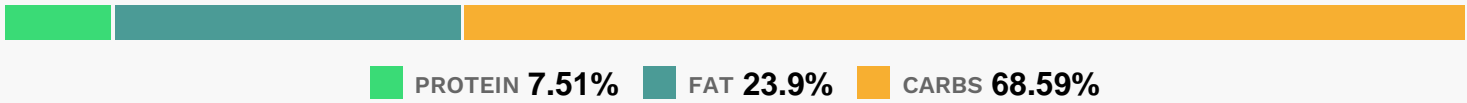
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt), stirring well with a whisk.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- ☐ Add rind, and beat to combine.
- ☐ Add egg and egg white, 1 at a time, beating well after each addition.
- ☐ Combine buttermilk and ricotta, stirring well with a whisk.
- ☐ Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Fold in cranberries. Spoon batter into 12 muffin cups coated with cooking spray.

Bake at 375 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:18.57, Inflammation Score:-2, Nutrition Score:3.8486956202466%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 186.85kcal (9.34%), Fat: 5.06g (7.78%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 31.62g (11.5%), Sugar: 17.83g (19.81%), Cholesterol: 27.4mg (9.13%), Sodium: 201.33mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Selenium: 8.31µg (11.87%), Vitamin B1: 0.13mg (8.97%), Folate: 32.43µg (8.11%), Vitamin B2: 0.13mg (7.43%), Manganese: 0.14mg (7.15%), Iron: 0.99mg (5.5%), Phosphorus: 53.32mg (5.33%), Vitamin B3: 1.04mg (5.18%), Calcium: 51.74mg (5.17%), Fiber: 1.05g (4.2%), Vitamin A: 161.92IU (3.24%), Zinc: 0.32mg (2.16%), Vitamin E: 0.32mg (2.12%), Magnesium: 8.26mg (2.07%), Copper: 0.04mg (1.97%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.03mg (1.66%), Potassium: 46.96mg (1.34%), Vitamin B12: 0.06µg (1.04%)