



Cranberry-Orange Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil
- ☐ 8 ounces cranberries fresh coarsely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 9 ounces flour all-purpose
- ☐ 0.8 cup orange juice (1 large orange)
- ☐ 2 teaspoons orange rind grated

- ☐ 1 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 0.3 cup walnuts toasted chopped

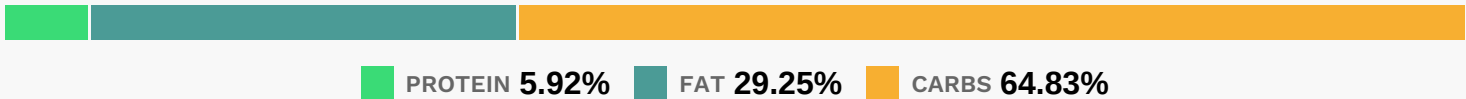
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Set aside 1 tablespoon sugar.
- ☐ Combine flour, remaining sugar, baking powder, salt, and baking soda in a large bowl; make a well in center of mixture.
- ☐ Combine rind, juice, oil, and egg in a small bowl, stirring well with a whisk.
- ☐ Add to flour mixture, stirring just until moist. Fold in cranberries and walnuts. Spoon batter into 16 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with reserved sugar.
- ☐ Bake at 400 for 15 minutes or until the muffins spring back when touched lightly in center. Run a knife or spatula around outer edge of each muffin cup. Carefully remove each muffin; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:18.81, Inflammation Score:-2, Nutrition Score:4.5334782496743%

Flavonoids

Cyanidin: 6.65mg, Cyanidin: 6.65mg, Cyanidin: 6.65mg, Cyanidin: 6.65mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 169.71kcal (8.49%), Fat: 5.62g (8.65%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 26.9g (9.78%), Sugar: 14.18g (15.75%), Cholesterol: 11.63mg (3.88%), Sodium: 224.63mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.25mg (12.32%), Vitamin C: 8.17mg (9.9%), Vitamin B1: 0.15mg (9.81%), Selenium: 6.59µg (9.41%), Folate: 36.74µg (9.19%), Vitamin B2: 0.11mg (6.21%), Vitamin E: 0.86mg (5.76%), Iron: 0.97mg (5.4%), Vitamin B3: 1.03mg (5.17%), Fiber: 1.15g (4.62%), Phosphorus: 43.65mg (4.36%), Copper: 0.08mg (3.91%), Vitamin K: 3.34µg (3.18%), Calcium: 31.6mg (3.16%), Magnesium: 10.02mg (2.51%), Vitamin B5: 0.2mg (1.97%), Potassium: 67.6mg (1.93%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.25mg (1.65%)