



Cranberry-Orange Muffins (lighter)

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup skim milk fat-free (skim)
- 0.3 cup vegetable oil
- 1 tablespoon orange zest grated
- 0.3 cup eggs fat-free
- 1 cup flour all-purpose
- 1 cup flour whole wheat
- 0.3 cup sugar
- 3 teaspoons double-acting baking powder

- 0.5 teaspoon salt
- 0.8 cup cranberries fresh chopped
- 1 serving p of sugar

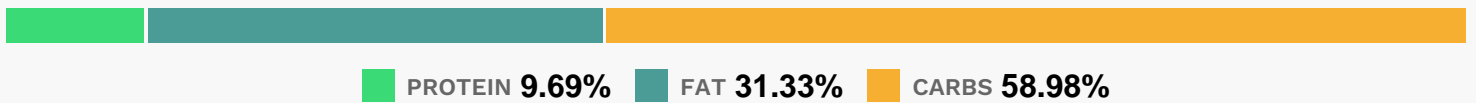
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 400°F. Spray medium muffin cups, 2 1/2x1 1/4 inches, with cooking spray, or line with paper baking cups.
- Beat milk, oil, orange peel and egg product in large bowl with spoon. Stir in flours, 1/3 cup sugar, the baking powder and salt just until flour is moistened (batter will be lumpy). Fold in cranberries.
- Divide batter evenly among muffin cups (cups will be full).
- Sprinkle with additional sugar.
- Bake 20 to 25 minutes or until golden brown. Immediately remove from pan.

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:10.45, Inflammation Score:-2, Nutrition Score:6.2769564493843%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg,

Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,
Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin:
0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 151.52kcal (7.58%), Fat: 5.42g (8.34%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 22.95g (7.65%), Net
Carbohydrates: 21.32g (7.75%), Sugar: 6.93g (7.7%), Cholesterol: 19.44mg (6.48%), Sodium: 219.06mg (9.52%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.5mg (25.14%), Selenium: 11.72µg
(16.74%), Phosphorus: 101.52mg (10.15%), Vitamin B1: 0.15mg (9.79%), Calcium: 94.93mg (9.49%), Vitamin K: 8.9µg
(8.48%), Vitamin B2: 0.12mg (7.09%), Folate: 26.46µg (6.62%), Fiber: 1.63g (6.53%), Iron: 1.07mg (5.92%), Vitamin
B3: 1.15mg (5.75%), Magnesium: 19.81mg (4.95%), Vitamin E: 0.59mg (3.9%), Vitamin B6: 0.07mg (3.51%), Zinc:
0.5mg (3.32%), Copper: 0.06mg (3.23%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.16µg (2.72%), Potassium:
94.92mg (2.71%), Vitamin D: 0.33µg (2.17%), Vitamin C: 1.55mg (1.88%), Vitamin A: 75.74IU (1.51%)