



Cranberry-Orange Muffins (lighter)

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.8 cup cranberries fresh chopped
- ☐ 0.3 cup eggs fat-free
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 1 cup flour all-purpose
- ☐ 1 cup flour whole wheat
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 12 servings sugar
- ☐ 0.3 cup vegetable oil

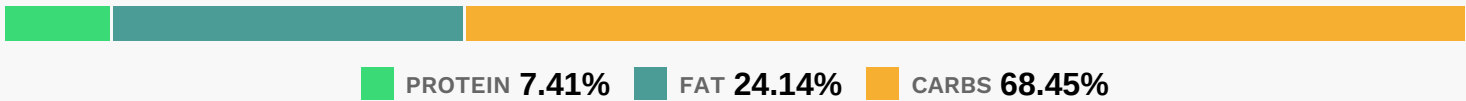
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F. 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:32.12, Glycemic Load:18.83, Inflammation Score:-2, Nutrition Score:6.2934782349545%

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: 197.72kcal (9.89%), Fat: 5.46g (8.4%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 34.82g (11.61%), Net
Carbohydrates: 33.19g (12.07%), Sugar: 18.91g (21.01%), Cholesterol: 19.44mg (6.48%), Sodium: 219.18mg (9.53%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.5mg (25.17%), Selenium: 11.79µg
(16.85%), Phosphorus: 101.52mg (10.15%), Vitamin B1: 0.15mg (9.79%), Calcium: 95.05mg (9.5%), Vitamin K: 8.9µg
(8.48%), Vitamin B2: 0.12mg (7.23%), Folate: 26.46µg (6.62%), Fiber: 1.63g (6.53%), Iron: 1.07mg (5.95%), 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 (3.33%), Copper: 0.07mg (3.27%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.16µg (2.72%), Potassium:
95.16mg (2.72%), Vitamin D: 0.33µg (2.17%), Vitamin C: 1.55mg (1.88%), Vitamin A: 75.74IU (1.51%)