



WHATSheATE



Cranberry Orange Muffins with Truvia® Baking Blend



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup baking blend truvia®
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups cranberries fresh chopped ()
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 cup orange juice

- ☐ 1 tablespoon orange zest
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 0.5 cup butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Prepare muffin tin by greasing cups or use paper liners.
- ☐ In a large bowl, add flour, baking powder, salt, and baking soda.
- ☐ Mix together with a fork.
- ☐ In a separate bowl, whisk together butter, Truvia® Baking Blend, orange zest and juice, eggs, vanilla, and milk.
- ☐ Stir the wet mixture into the flour mixture until just combined.
- ☐ Fold in chopped cranberries.
- ☐ Fill each muffin cup about 3/4 full.
- ☐ Bake until golden and a toothpick comes out clean (20–25 minutes).
- ☐ Cool muffins in pan for 5 minutes, then remove to a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:12.81, Inflammation Score:-4, Nutrition Score:5.8873913184456%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 183.98kcal (9.2%), Fat: 9.13g (14.05%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.29g (7.38%), Sugar: 2.44g (2.71%), Cholesterol: 47.99mg (16%), Sodium: 254.48mg (11.06%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.91g (7.82%), Selenium: 9.89µg (14.13%), Vitamin B1: 0.2mg (13.55%), Folate: 49.6µg (12.4%), Vitamin B2: 0.17mg (10.23%), Manganese: 0.2mg (10.18%), Vitamin C: 7.61mg (9.22%), Phosphorus: 83.92mg (8.39%), Vitamin B3: 1.46mg (7.31%), Iron: 1.3mg (7.22%), Vitamin A: 327.19IU (6.54%), Calcium: 61.36mg (6.14%), Fiber: 1.16g (4.63%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.48mg (3.22%), Copper: 0.05mg (2.73%), Vitamin D: 0.4µg (2.67%), Potassium: 89.5mg (2.56%), Vitamin B12: 0.15µg (2.56%), Magnesium: 9.89mg (2.47%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 1.6µg (1.52%)