



Cranberry Orange Muffins with Truvia® Baking Blend

 Vegetarian or type unknown

READY IN

ready or type unknown

45 min.

SERVINGS

servings or type unknown

12

CALORIES

calories or type unknown

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%)