



Cranberry-Orange Tea Bread Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



1

CALORIES



2783 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 12 oz cranberries fresh (2 cups)
- ☐ 1 serving cream cheese
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 serving kumquats
- ☐ 0.8 cup orange juice

- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring occasionally.
- ☐ Whisk together flour, baking powder, and salt.
- ☐ Pulse cranberries and sugar in a food processor 3 to 4 times or just until chopped.
- ☐ Beat butter at medium speed with an electric mixer until creamy.
- ☐ Add egg, beating until well blended. Gradually add flour mixture alternately with orange juice, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in cranberry mixture and pecans.
- ☐ Place baking cups in miniature muffin pans; coat with cooking spray. Spoon batter into baking cups, filling completely.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes clean.
- ☐ Remove from pans to a wire rack; spoon Orange-Cream Cheese Glaze over warm muffins.
- ☐ Garnish with Candied Kumquat Slices, if desired.
- ☐ Note: To make ahead, place unglazed muffins in a heavy-duty zip-top plastic freezer bag; freeze up to two months.
- ☐ Let thaw at room temperature before glazing.

Nutrition Facts

PROTEIN 5.69% FAT 29.76% CARBS 64.55%

Properties

Glycemic Index:421.09, Glycemic Load:302.15, Inflammation Score:-10, Nutrition Score:59.816521644592%

Flavonoids

Cyanidin: 163.81mg, Cyanidin: 163.81mg, Cyanidin: 163.81mg, Cyanidin: 163.81mg Delphinidin: 30.06mg, Delphinidin: 30.06mg, Delphinidin: 30.06mg Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg Peonidin: 167.24mg, Peonidin: 167.24mg, Peonidin: 167.24mg Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg, Catechin: 5.27mg Epigallocatechin: 5.59mg, Epigallocatechin: 5.59mg, Epigallocatechin: 5.59mg, Epigallocatechin: 5.59mg Epicatechin: 15.31mg, Epicatechin: 15.31mg, Epicatechin: 15.31mg, Epicatechin: 15.31mg Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg, Epigallocatechin 3-gallate: 4.55mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 4.55mg, Naringenin: 4.55mg, Naringenin: 4.55mg, Naringenin: 4.55mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 22.65mg, Myricetin: 22.65mg, Myricetin: 22.65mg, Myricetin: 22.65mg Quercetin: 50.95mg, Quercetin: 50.95mg, Quercetin: 50.95mg, Quercetin: 50.95mg

Nutrients (% of daily need)

Calories: 2782.57kcal (139.13%), Fat: 94.28g (145.04%), Saturated Fat: 34.76g (217.28%), Carbohydrates: 459.99g (153.33%), Net Carbohydrates: 435.31g (158.29%), Sugar: 232.94g (258.82%), Cholesterol: 309.02mg (103.01%), Sodium: 3416.29mg (148.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.1%), Manganese: 5.44mg (271.92%), Vitamin C: 141.67mg (171.72%), Vitamin B1: 2.55mg (170.26%), Selenium: 104.57µg (149.38%), Folate: 554.15µg (138.54%), Vitamin B2: 1.72mg (101.1%), Fiber: 24.68g (98.71%), Iron: 15.81mg (87.84%), Vitamin B3: 16.55mg (82.76%), Phosphorus: 735.35mg (73.53%), Copper: 1.34mg (66.99%), Calcium: 522.54mg (52.25%), Vitamin E: 7.33mg (48.86%), Vitamin A: 2311.15IU (46.22%), Magnesium: 170.92mg (42.73%), Vitamin B5: 3.76mg (37.59%), Zinc: 5.35mg (35.65%), Potassium: 1226.59mg (35.05%), Vitamin B6: 0.58mg (29.02%), Vitamin K: 24µg (22.85%), Vitamin B12: 0.54µg (9.06%), Vitamin D: 1µg (6.67%)