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## Cranberry Pecan Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 0.8 cup cranberries fresh coarsely chopped
- 2 eggs
- 2 cups flour all-purpose
- 0.1 teaspoon nutmeg
- 0.5 cup pecans chopped

- 0.3 teaspoon salt
- 8 ounces cream sour
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

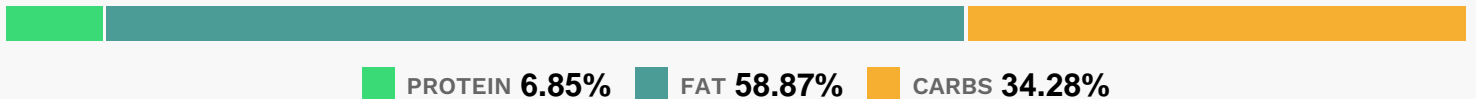
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a large bowl, cream butter and sugar.
- Add eggs, one at a time, beating well after each addition.
- Add vanilla. Fold in sour cream.
- Combine the flour, baking powder, baking soda, nutmeg and salt; stir into creamed mixture just until moistened. Fold in cranberries and pecans.
- Fill greased or paper-lined muffin cups two-thirds full.
- Combine topping ingredients; sprinkle over batter.
- Bake at 400° for 20–25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:25.76, Glycemic Load:9.93, Inflammation Score:-3, Nutrition Score:4.45304350231%

## Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg

Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.3mg, Peonidin: 2.3mg, Peonidin: 2.3mg, Peonidin: 2.3mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## **Nutrients (% of daily need)**

Calories: 176.07kcal (8.8%), Fat: 11.65g (17.92%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 14.34g (5.21%), Sugar: 2.42g (2.69%), Cholesterol: 44.07mg (14.69%), Sodium: 155.3mg (6.75%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 3.05g (6.1%), Manganese: 0.28mg (14.05%), Selenium: 7.72µg (11.04%), Vitamin B1: 0.15mg (10.08%), Folate: 33.05µg (8.26%), Vitamin B2: 0.13mg (7.91%), Vitamin A: 300.02IU (6%), Phosphorus: 55.72mg (5.57%), Iron: 0.96mg (5.33%), Vitamin B3: 0.99mg (4.94%), Calcium: 38.99mg (3.9%), Fiber: 0.92g (3.69%), Copper: 0.07mg (3.65%), Vitamin E: 0.4mg (2.63%), Zinc: 0.39mg (2.62%), Magnesium: 10.19mg (2.55%), Vitamin B5: 0.25mg (2.51%), Potassium: 61.96mg (1.77%), Vitamin B6: 0.03mg (1.61%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.13µg (1.07%)