



Cranberry Pecan Streusel Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup canola oil unsalted melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup cranberries coarsely chopped
- ☐ 1 large eggs at room temperature
- ☐ 1.5 cups unsifted flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon orange extract
- ☐ 1 teaspoon orange zest grated
- ☐ 2 ounces pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons wheat germ
- ☐ 1 cup orange yogurt plain

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ sifter

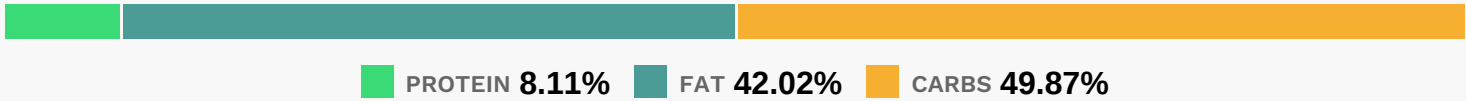
Directions

- ☐ Position rack in center of the oven. Preheat oven to 400°F and bake 20 to 22 minutes. Prepare the pan as directed.
- ☐ In a medium bowl, toss together all streusel topping ingredients and pinch everything together with your fingertips to make crumbs. Set aside.
- ☐ Measure the sugar. In another bowl, toss together the cranberries and nuts with the grated orange zest, extract, and 1 tablespoon of sugar. Set aside.
- ☐ In a large bowl, whisk together the egg(s), yogurt or milk, melted butter or oil, the remaining sugar, and the wheat germ.
- ☐ Place a sifter over the bowl and measure the flour, baking powder, baking soda (if using), salt, and cinnamon into it. Stir/sift the dry ingredients onto the wet, add the cranberry-nut

mixture, and stir everything together just to blend; don't over-beat.

- ☐
- Divide the batter evenly among the muffin cups, filling them nearly full.
- ☐
- Sprinkle generously with the streusel crumbs. (Half-fill any empty cups with water.)
- ☐
- Bake 20 to 22 minutes (or for the time indicated for your altitude in the chart), or until the muffins are golden brown and well risen and a cake tester inserted in the center comes out clean. Cool slightly on a wire rack, and serve warm.
- ☐
- From Pie in the Sky: Successful Baking at High Altitudes by by Susan G. Purdy, (C) May 2005 William Morrow Cookbooks, an imprint of Harper
- ☐
- Collins Publishers

Nutrition Facts



Properties

Glycemic Index:33.84, Glycemic Load:15.87, Inflammation Score:-3, Nutrition Score:5.8634781992954%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 193.05kcal (9.65%), Fat: 9.22g (14.18%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 23.33g (8.48%), Sugar: 9.81g (10.9%), Cholesterol: 30.83mg (10.28%), Sodium: 229.93mg (10%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Manganese: 0.45mg (22.65%), Selenium: 8.53µg (12.19%), Vitamin B1: 0.17mg (11.66%), Folate: 41.79µg (10.45%), Vitamin B2: 0.15mg (8.74%), Phosphorus: 86.99mg (8.7%), Calcium: 77.48mg (7.75%), Iron: 1.17mg (6.51%), Copper: 0.12mg (5.92%), Vitamin B3: 1.14mg (5.72%), Fiber: 1.28g (5.11%), Magnesium: 17.23mg (4.31%), Vitamin A: 197.06IU (3.94%), Zinc: 0.57mg (3.78%), Vitamin B6: 0.06mg (3.19%), Vitamin B5: 0.3mg (2.97%), Potassium: 93.76mg (2.68%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.12µg (2.04%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.19µg (1.28%), Vitamin K: 1.1µg (1.05%)