



WHATSheATE



Cranberry-Poppy Seed Muffins



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



52 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.5 cup sugar



0.3 cup yogurt plain fat free yoplait® (from 2-lb container)



0.5 cup milk



1 tablespoon poppy seeds



1 teaspoon lemon zest grated



1 eggs



0.5 cup cranberries fresh thawed ()



1.8 cups frangelico

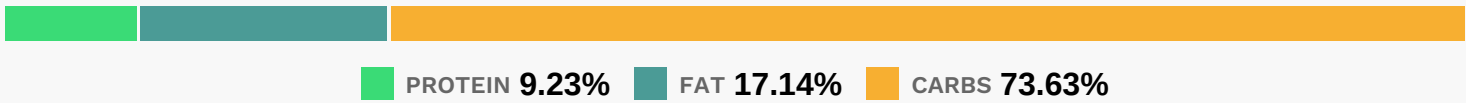
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Line 12 regular-size muffin cups with paper baking cups, or grease bottoms only of muffin cups.
- ☐ In large bowl, stir all ingredients except cranberries just until moistened. Stir in cranberries. Fill muffin cups about 3/4 full.
- ☐ Bake 18 to 20 minutes or until golden brown.
- ☐ Let stand 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:1.4243478140105%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg 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: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 52.22kcal (2.61%), Fat: 1.03g (1.58%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.62g (3.5%), Sugar: 9.42g (10.47%), Cholesterol: 14.96mg (4.99%), Sodium: 13.37mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Calcium: 36.14mg (3.61%), Manganese: 0.07mg (3.37%), Phosphorus: 32.55mg (3.25%), Vitamin B2: 0.05mg (2.71%), Selenium: 1.66µg (2.37%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.14mg (1.42%), Magnesium: 5.51mg (1.38%), Zinc: 0.2mg (1.35%), Fiber: 0.31g (1.26%), Vitamin D: 0.19µg (1.23%), Potassium: 42.48mg (1.21%), Vitamin B1: 0.02mg (1.11%), Vitamin C: 0.85mg (1.03%)