



Cranberry Pumpkin Muffins



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup corn oil
- ☐ 1.5 cups cranberries halved
- ☐ 2 eggs slightly beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons orange zest
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 0.5 teaspoon salt

- ☐ 1 cup solid pack pumpkin
- ☐ 2 cups sugar white

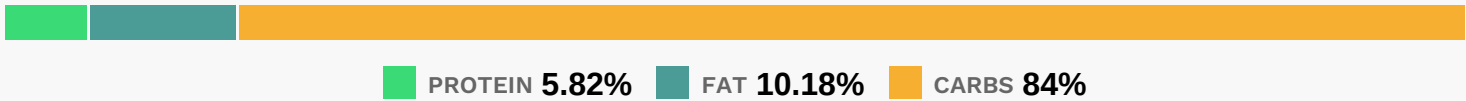
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper liners.
- ☐ Beat eggs, sugar, pumpkin, corn oil, and orange zest in a small mixing bowl until smooth.
- ☐ Mix flour, pumpkin pie spice, baking soda, and salt in a large mixing bowl with a fork. Make a well in the center of the flour mixture.
- ☐ Pour pumpkin mixture into the well; stir until the dry mixture is just moistened into a batter. Fold cranberries into the batter.
- ☐ Scoop batter into prepared muffin cups.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:19.06, Inflammation Score:-8, Nutrition Score:4.4382608221925%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 132.74kcal (6.64%), Fat: 1.53g (2.36%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 27.47g (9.99%), Sugar: 17.31g (19.23%), Cholesterol: 13.64mg (4.55%), Sodium: 100.46mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 1615.03IU (32.3%), Manganese: 0.17mg (8.4%), Selenium: 5.72µg (8.17%), Vitamin B1: 0.11mg (7.19%), Folate: 27.05µg (6.76%), Vitamin B2: 0.09mg (5.4%), Iron: 0.89mg (4.93%), Vitamin B3: 0.83mg (4.13%), Fiber: 0.96g (3.85%), Phosphorus: 25.98mg (2.6%), Vitamin E: 0.38mg (2.54%), Vitamin C: 2.04mg (2.48%), Vitamin K: 2.46µg (2.34%), Copper: 0.04mg (1.93%), Vitamin B5: 0.17mg (1.75%), Magnesium: 6.48mg (1.62%), Potassium: 48.08mg (1.37%), Vitamin B6: 0.02mg (1.16%), Zinc: 0.17mg (1.14%)