



Cranberry Pumpkin Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter melted
- 0.3 cup buttermilk
- 2 eggs lightly beaten
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 1 cup pumpkin puree unsweetened canned
- 0.5 teaspoon salt
- 1 cup cranberries dried sweetened
- 2 teaspoons vanilla extract

Equipment

- frying pan
- oven
- mixing bowl
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease or place paper muffin cups in a 12 cup muffin tin.
- Mix the flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, cloves, and nutmeg together in a mixing bowl.
- Beat the canned pumpkin, eggs, butter, buttermilk, and vanilla together in another large mixing bowl. Gradually beat in the flour mixture until well blended. Stir in the dried cranberries until evenly blended. Spoon batter into muffin tins about 3/4 full.
- Bake in preheated oven until a toothpick inserted in the middle of a muffin comes out clean, 20 to 25 minutes. 3 minutes before turning out from pan.
- Serve warm or at room temperature.

Nutrition Facts



■ PROTEIN 5.62% ■ FAT 31.45% ■ CARBS 62.93%

Properties

Glycemic Index:26.92, Glycemic Load:11.76, Inflammation Score:-9, Nutrition Score:8.6295651352924%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 250.53kcal (12.53%), Fat: 8.92g (13.72%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 38.36g (13.95%), Sugar: 21.77g (24.19%), Cholesterol: 48.17mg (16.06%), Sodium: 272.78mg (11.86%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Protein: 3.59g (7.18%), Vitamin A: 3462.22IU (69.24%), Selenium: 9.93µg (14.19%), Manganese: 0.27mg (13.41%), Vitamin B1: 0.18mg (11.72%), Folate: 44.73µg (11.18%), Vitamin B2: 0.16mg (9.58%), Iron: 1.62mg (9%), Calcium: 74.08mg (7.41%), Fiber: 1.8g (7.19%), Vitamin B3: 1.4mg (7%), Phosphorus: 66.93mg (6.69%), Vitamin E: 0.75mg (4.98%), Vitamin K: 4.88µg (4.65%), Copper: 0.07mg (3.64%), Vitamin B5: 0.36mg (3.56%), Magnesium: 13.03mg (3.26%), Potassium: 109.42mg (3.13%), Vitamin B6: 0.05mg (2.27%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.21µg (1.41%), Vitamin C: 0.88mg (1.07%)