



Cranberry Sauce Muffins

READY IN



30 min.

SERVINGS



18

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs beaten
- ☐ 1 cup roasted cranberry sauce leftover

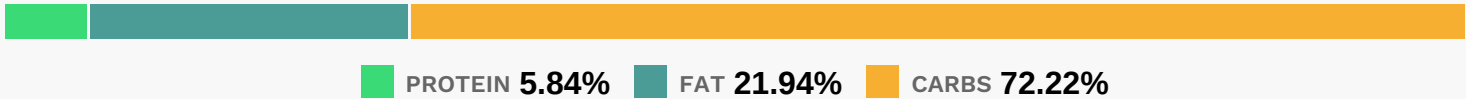
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 18 regular-size muffin cups with cooking spray.
- ☐ In large bowl, stir together flour, sugar, baking powder and salt with whisk. Make well in center of dry ingredients.
- ☐ Add milk, oil, vanilla and egg; stir until combined (batter will be thick). Stir in cranberry sauce.
- ☐ Divide batter evenly among muffin cups, filling each about three-fourths full.
- ☐ Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:15.28, Glycemic Load:15.83, Inflammation Score:-1, Nutrition Score:3.3291304422461%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 157.13kcal (7.86%), Fat: 3.89g (5.98%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 28.25g (10.27%), Sugar: 16.75g (18.61%), Cholesterol: 10.72mg (3.57%), Sodium: 145.06mg (6.31%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.33g (4.65%), Selenium: 5.85µg (8.35%), Vitamin B1: 0.12mg (8%), Folate: 26.72µg (6.68%), Vitamin B2: 0.1mg (6.12%), Calcium: 59.93mg (5.99%), Vitamin K: 5.88µg

(5.6%), Manganese: 0.11mg (5.31%), Phosphorus: 48.77mg (4.88%), Iron: 0.83mg (4.62%), Vitamin B3: 0.85mg (4.26%), Vitamin E: 0.43mg (2.89%), Fiber: 0.55g (2.19%), Vitamin B12: 0.09µg (1.58%), Vitamin B5: 0.15mg (1.49%), Magnesium: 5.48mg (1.37%), Copper: 0.03mg (1.35%), Vitamin D: 0.2µg (1.32%), Zinc: 0.19mg (1.27%), Potassium: 43.46mg (1.24%), Vitamin B6: 0.02mg (1.04%)