



Cranberry Streusel Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



455 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup cranberries fresh chopped
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 8 tablespoons butter unsalted
- ☐ 8 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Mix 1 1/4 cups all-purpose flour, 1/3 cup packed light brown sugar, 2 Tbsp. sugar, 1/2 tsp. cinnamon and 1 cup chopped walnuts.
- ☐ Add 8 Tbsp. melted unsalted butter; stir until moistened and clumpy. Set aside.
- ☐ Mix 2 cups all-purpose flour, 2 tsp. baking powder and 1/2 tsp. salt. With an electric mixer on medium-high speed, cream 8 Tbsp. unsalted butter and 1 1/4 cups sugar until fluffy.
- ☐ Add 2 large eggs, one at a time, beating well after each. Lower mixer speed; add half of dry ingredients, then 1/2 cup milk and 1 tsp. vanilla extract. Stir in remaining dry ingredients. Fold in 1 cup chopped fresh cranberries.
- ☐ Divide batter among muffin cups.
- ☐ Sprinkle topping over muffins, pressing lightly.
- ☐ Bake for 35 minutes, or until golden.
- ☐ Let cool in pan on a wire rack for 10 minutes, then remove from pan to rack

Nutrition Facts



 **PROTEIN 5.66%**  **FAT 44.62%**  **CARBS 49.72%**

Properties

Glycemic Index:40.85, Glycemic Load:35.43, Inflammation Score:-5, Nutrition Score:9.4734782809797%

Flavonoids

Cyanidin: 4.13mg, Cyanidin: 4.13mg, Cyanidin: 4.13mg, Cyanidin: 4.13mg 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: 455.33kcal (22.77%), Fat: 23.03g (35.43%), Saturated Fat: 10.69g (66.81%), Carbohydrates: 57.75g (19.25%), Net Carbohydrates: 55.83g (20.3%), Sugar: 29.99g (33.32%), Cholesterol: 72.35mg (24.12%), Sodium: 188.33mg (8.19%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 6.57g (13.14%), Manganese: 0.62mg (30.89%), Selenium: 15.12µg (21.59%), Vitamin B1: 0.31mg (20.67%), Folate: 76.13µg (19.03%), Vitamin B2: 0.25mg (14.51%), Iron: 2.16mg (12%), Phosphorus: 117.39mg (11.74%), Copper: 0.22mg (11.13%), Vitamin B3: 2.15mg (10.75%), Vitamin A: 535.15IU (10.7%), Calcium: 82.36mg (8.24%), Fiber: 1.91g (7.65%), Magnesium: 26.77mg (6.69%), Vitamin E: 0.73mg (4.84%), Zinc: 0.72mg (4.79%), Vitamin B6: 0.1mg (4.78%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.56µg (3.72%), Potassium: 126.71mg (3.62%), Vitamin B12: 0.16µg (2.68%), Vitamin K: 2.17µg (2.07%), Vitamin C: 1.3mg (1.57%)