



Cranberry Streusel Muffins

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup milk
- ☐ 1 eggs
- ☐ 0.5 cup roasted cranberry sauce whole (from 16-oz can)
- ☐ 2 tablespoons granulated sugar
- ☐ 1 tablespoon frangelico
- ☐ 2 cups frangelico

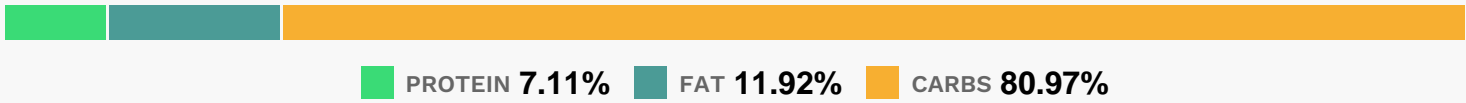
Equipment

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

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups. In small bowl, mix brown sugar and 1 tablespoon Bisquick mix; set aside.
- ☐ In medium bowl, beat milk, egg and cranberry sauce slightly with spoon. Stir in 2 cups Bisquick mix and the granulated sugar just until moistened. Fill muffin cups about half full.
- ☐ Sprinkle with brown sugar mixture.
- ☐ Bake about 18 minutes or until golden brown. Cool slightly before removing from pan.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:0.72347825668428%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 43.16kcal (2.16%), Fat: 0.59g (0.91%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.88g (3.23%), Sugar: 7.99g (8.87%), Cholesterol: 14.45mg (4.82%), Sodium: 8.95mg (0.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Selenium: 1.34µg (1.91%), Vitamin B2: 0.03mg (1.7%), Phosphorus: 14.65mg (1.47%), Calcium: 12.42mg (1.24%), Vitamin B12: 0.07µg (1.15%)