



Double-Chocolate Cranberry Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa powder
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs beaten
- ☐ 1 cup milk
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup semisweet chocolate chips miniature

- ☐ 3 ounces cream cheese softened
- ☐ 0.3 cup peppermint candies melted
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup cranberries dried sweetened

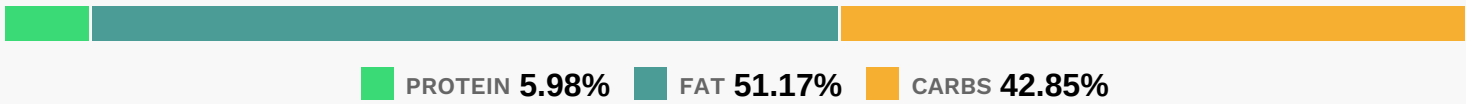
Equipment

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

Directions

- ☐ Heat oven to 375°. Grease 12 medium muffin cups, 2 3/4x1 1/4 inches, with shortening; or line muffin cups with paper baking cups and spray with cooking spray.
- ☐ Mix flour, 1/3 cup sugar, the cocoa, baking powder and salt in large bowl. Stir in egg, milk, butter and chocolate chips just until blended. Fill muffin cups about 2/3 full.
- ☐ Mix cream cheese, melted baking chips and 1 tablespoon sugar in small bowl until smooth. Stir in cranberries. Drop spoonfuls of cream cheese mixture onto muffin batter, pressing down slightly.
- ☐ Bake 20 to 25 minutes or until muffins are puffed and cream cheese mixture is light golden brown.
- ☐ Remove from pan to wire rack. Cool 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:13.84, Inflammation Score:-5, Nutrition Score:6.5656521798962%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 16.99g (26.14%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 29.95g (10.89%), Sugar: 16.74g (18.6%), Cholesterol: 23.83mg (7.94%), Sodium: 248.46mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.6mg (4.2%), Protein: 4.47g (8.94%), Manganese: 0.32mg (15.9%), Selenium: 8.56µg (12.23%), Copper: 0.22mg (11.01%), Phosphorus: 108.09mg (10.81%), Vitamin A: 491.18IU (9.82%), Iron: 1.76mg (9.77%), Vitamin B1: 0.14mg (9.54%), Calcium: 94.49mg (9.45%), Vitamin B2: 0.15mg (9.01%), Magnesium: 33.85mg (8.46%), Fiber: 2.05g (8.21%), Folate: 31.62µg (7.91%), Vitamin B3: 1.1mg (5.48%), Zinc: 0.66mg (4.42%), Potassium: 150.66mg (4.3%), Vitamin E: 0.54mg (3.62%), Vitamin B12: 0.19µg (3.09%), Vitamin B5: 0.29mg (2.9%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.04mg (1.85%), Vitamin K: 1.28µg (1.22%)