



Double-Cranberry Muffins

 Vegetarian

READY IN



37 min.

SERVINGS



16

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tsp calumet baking powder
- 1 cup cranberries fresh coarsely chopped
- 1 eggs beaten
- 0.8 cup milk fat-free
- 1.8 cups flour
- 2 cups grain cereal flakes whole with cranberries and almonds, divided
- 2 Tbsp oil divided
- 1 tsp orange zest

1 cup sugar divided

Equipment

bowl

oven

toothpicks

muffin liners

Directions

Heat oven to 375F.

Add milk to 1 cup cereal in medium bowl; stir to evenly moisten cereal.

Let stand 3 min. Meanwhile, combine flour, 1 cup sugar and baking powder in large bowl. Crush remaining cereal; mix with 1 tsp. oil and remaining sugar.

Add egg, orange zest, orange juice and remaining oil to milk mixture; mix well.

Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Gently stir in cranberries.

Spoon batter evenly into 16 paper-lined muffin cups; top with cereal mixture.

Bake 22 min. or until muffins are golden brown and toothpick inserted in centers comes out clean. Cool 5 min. before removing muffins from pans to wire racks.

Serve warm or cooled.

Nutrition Facts



PROTEIN 8.96% **FAT 13.89%** **CARBS 77.15%**

Properties

Glycemic Index:19.71, Glycemic Load:17.01, Inflammation Score:-1, Nutrition Score:4.2199999871461%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg

Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,
Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin:
0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg,
Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin:
0.41mg, Myricetin: 0.41mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 143.41kcal (7.17%), Fat: 2.23g (3.44%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 27.92g (9.31%), Net
Carbohydrates: 27.06g (9.84%), Sugar: 14.73g (16.37%), Cholesterol: 10.57mg (3.52%), Sodium: 159.64mg (6.94%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.49%), Vitamin B1: 0.18mg (12.32%), Calcium: 102.96mg
(10.3%), Vitamin B2: 0.15mg (8.94%), Selenium: 5.79µg (8.27%), Folate: 32.96µg (8.24%), Iron: 1.22mg (6.76%),
Phosphorus: 60.64mg (6.06%), Manganese: 0.12mg (5.88%), Vitamin B3: 1.14mg (5.7%), Vitamin B6: 0.07mg
(3.56%), Fiber: 0.86g (3.43%), Vitamin E: 0.43mg (2.84%), Vitamin C: 2.31mg (2.8%), Vitamin B5: 0.16mg (1.62%),
Vitamin K: 1.61µg (1.53%), Vitamin B12: 0.09µg (1.52%), Magnesium: 5.46mg (1.37%), Copper: 0.03mg (1.33%), Zinc:
0.19mg (1.27%), Potassium: 43.61mg (1.25%), Vitamin D: 0.18µg (1.21%)