



Farm Fresh Zucchini Cranberry Nut Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar
- 2 tablespoons butter
- 1 cup cranberries
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 cup butter softened
- 0.3 teaspoon salt

- 1.5 teaspoons vanilla extract
- 0.5 cup walnut pieces
- 1 cup sugar white
- 1 cup zucchini grated

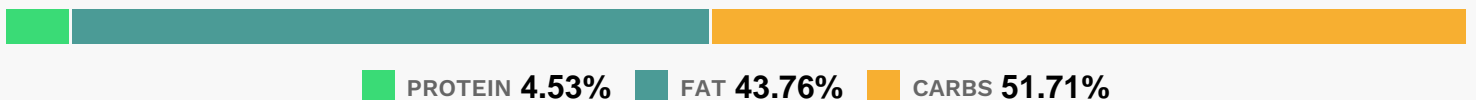
Equipment

- bowl
- oven
- hand mixer
- toothpicks
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Prepare 12 muffin cups with liners.
- Mix 6 tablespoons flour and brown sugar together in a bowl; cut butter into the flour mixture until you have pea-sized crumbs.
- Beat margarine and white sugar with an electric mixer in a large bowl until light and fluffy. Beat egg and vanilla into the butter mixture.
- Mix 1 1/2 cups flour, baking powder, baking soda, and salt together in a separate bowl; gradually beat into the butter mixture. Fold zucchini, cranberries, and walnuts into the mixture; spoon into prepared muffin cups, filling nearly to the top.
- Sprinkle topping mixture onto the batter.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:20.8, Inflammation Score:-4, Nutrition Score:5.1191304818444%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg 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, 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: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 267.61kcal (13.38%), Fat: 13.28g (20.44%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 34.17g (12.43%), Sugar: 21.94g (24.38%), Cholesterol: 18.66mg (6.22%), Sodium: 259.35mg (11.28%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.09g (6.18%), Manganese: 0.33mg (16.36%), Vitamin B1: 0.15mg (9.83%), Selenium: 6.87µg (9.81%), Folate: 37.87µg (9.47%), Vitamin A: 443.08IU (8.86%), Vitamin B2: 0.12mg (7.09%), Iron: 1.09mg (6.03%), Phosphorus: 59.75mg (5.97%), Copper: 0.12mg (5.83%), Vitamin B3: 1.05mg (5.23%), Calcium: 48.33mg (4.83%), Fiber: 1.15g (4.61%), Vitamin C: 3.1mg (3.76%), Magnesium: 14.88mg (3.72%), Vitamin E: 0.55mg (3.68%), Vitamin B6: 0.06mg (3.19%), Potassium: 88.73mg (2.54%), Zinc: 0.35mg (2.36%), Vitamin B5: 0.21mg (2.15%), Vitamin K: 1.21µg (1.16%)