



Flax and Fruit Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15.3 oz corn muffin mix
- 2 eggs
- 0.3 cup ground flaxseed
- 0.5 cup cranberries dried sweetened
- 2 tablespoons vegetable oil
- 0.5 cup walnut pieces chopped
- 0.8 cup water

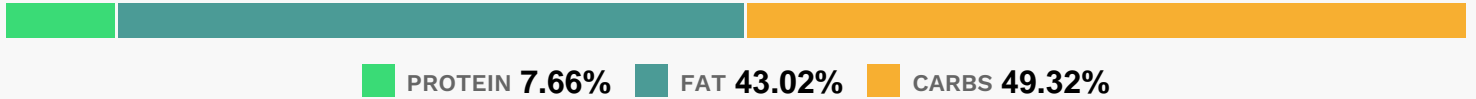
Equipment

- bowl
- frying pan
- oven
- knife
- muffin liners

Directions

- Heat oven to 400F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease (or use cooking spray) bottoms of muffin cups. (For best results, use paper cups.)
- In medium bowl, stir muffin mix, flaxseed, cranberries, walnuts, water, oil and eggs just until blended (batter will be lumpy). Divide batter evenly among muffin cups (about 2/3 full).
- Bake 17 to 21 minutes or until golden brown and tops spring back when touched. Cool 5 minutes; carefully remove from pan (if not using paper cups, run knife around edges of cups before removing). Cool completely before storing.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:7.1230434710565%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 246.85kcal (12.34%), Fat: 12.01g (18.48%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 27.13g (9.87%), Sugar: 11.22g (12.47%), Cholesterol: 28mg (9.33%), Sodium: 307.81mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Phosphorus: 229.94mg (22.99%), Manganese: 0.38mg (18.92%), Fiber: 3.85g (15.42%), Vitamin B1: 0.23mg (15.28%), Folate: 44.74µg (11.18%), Vitamin B2: 0.15mg (8.58%), Copper: 0.16mg (7.99%), Selenium: 5.39µg (7.7%), Iron: 1.38mg (7.69%), Magnesium: 30.67mg (7.67%), Vitamin B3: 1.4mg (6.99%), Vitamin K: 6.66µg (6.34%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.6mg (4.02%), Calcium:

38.89mg (3.89%), Vitamin B5: 0.36mg (3.57%), Vitamin E: 0.47mg (3.14%), Potassium: 102.04mg (2.92%), Vitamin A: 82.14IU (1.64%), Vitamin B12: 0.1µg (1.63%)