



Fresh Cranberry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup cranberries fresh chopped
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup milk 2% reduced-fat
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 0.7 cup sugar

☐ 0.5 teaspoon vanilla extract

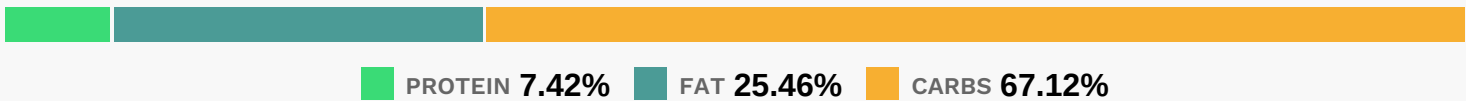
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl; stir well with a whisk. Stir in cranberries; make a well in center of mixture.
- ☐ Combine milk, butter, rind, vanilla, and egg; add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 400 for 18 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pan immediately; place on a wire rack.
- ☐ Note: These muffins freeze well.
- ☐ Bake them ahead, cool completely, and store in freezer bags. To serve, thaw at room temperature. Reheat in aluminum foil at 300 for 10 to 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:19.74, Inflammation Score:-3, Nutrition Score:4.4526087019754%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg 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: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 171.39kcal (8.57%), Fat: 4.87g (7.5%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 28.03g (10.19%), Sugar: 12.2g (13.56%), Cholesterol: 16.55mg (5.52%), Sodium: 178.39mg (7.76%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.19g (6.39%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.17mg (11.47%), Folate: 40.92µg (10.23%), Vitamin B2: 0.15mg (8.95%), Manganese: 0.18mg (8.81%), Iron: 1.14mg (6.35%), Calcium: 62.94mg (6.29%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 59.51mg (5.95%), Vitamin A: 217.88IU (4.36%), Fiber: 0.88g (3.53%), Vitamin B5: 0.23mg (2.31%), Vitamin E: 0.32mg (2.16%), Copper: 0.04mg (1.98%), Vitamin B12: 0.11µg (1.86%), Magnesium: 7.41mg (1.85%), Zinc: 0.27mg (1.81%), Vitamin C: 1.43mg (1.73%), Potassium: 56.1mg (1.6%), Vitamin B6: 0.03mg (1.34%)