



Healthy Pumpkin Cranberry Muffins

 Vegetarian  Popular

READY IN



55 min.

SERVINGS



12

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 cup pumpkin canned
- 0.5 cup cranberries fresh coarsely chopped
- 0.3 cup cranberries dried
- 1 eggs
- 0.5 cup flour all-purpose

- 0.5 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.5 cup milk
- 0.5 cup cooking oats quick
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil
- 0.3 cup sugar white
- 1.5 teaspoons vinegar white
- 0.5 cup flour whole wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Line 12 muffin cups with paper liners.
- Stir milk and vinegar together in a small bowl.
- Mix whole wheat flour, all-purpose flour, oats, baking soda, ginger, baking powder, cinnamon, nutmeg, and salt in a large bowl.
- Whisk pumpkin, brown sugar, white sugar, vegetable oil, and egg together in a separate bowl; beat in milk mixture until smooth. Stir flour mixture into pumpkin mixture until just combined. Fold in fresh and dried cranberries. Spoon batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool muffins in the pan for 5 minutes before removing to wire rack

to cool completely.

Nutrition Facts

PROTEIN 7.09% **FAT 20.28%** **CARBS 72.63%**

Properties

Glycemic Index:42.51, Glycemic Load:7.46, Inflammation Score:-9, Nutrition Score:7.9382606692936%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 148.43kcal (7.42%), Fat: 3.47g (5.34%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.05g (9.47%), Sugar: 16.34g (18.15%), Cholesterol: 14.86mg (4.95%), Sodium: 170.59mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin A: 3216.99IU (64.34%), Manganese: 0.5mg (25.08%), Selenium: 7.64µg (10.91%), Fiber: 1.94g (7.76%), Vitamin K: 8.12µg (7.74%), Phosphorus: 68.68mg (6.87%), Vitamin B1: 0.1mg (6.49%), Magnesium: 25.1mg (6.27%), Iron: 1.07mg (5.92%), Vitamin B2: 0.08mg (4.85%), Calcium: 43.06mg (4.31%), Folate: 17.17µg (4.29%), Vitamin E: 0.62mg (4.12%), Copper: 0.08mg (3.75%), Vitamin B3: 0.71mg (3.57%), Potassium: 117.24mg (3.35%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.41mg (2.77%), Vitamin C: 1.45mg (1.76%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.19µg (1.23%)