



## Lemon Cranberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup cranberries halved
- 2 eggs
- 2 cups flour all-purpose
- 0.3 cup juice of lemon
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted

- 0.5 cup vegetable oil
- 1.3 cups granulated sugar white

## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners
- measuring cup

## Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
- Combine flour, sugar, baking powder, and salt in a large bowl.
- Mix lemon juice and milk in a measuring cup, to sour milk; beat eggs, oil, and milk mixture in a bowl. Stir egg mixture into flour mixture until just moistened; fold in cranberries. Fill prepared muffin cups two-thirds full; sprinkle with almonds.
- Bake in preheated oven until a toothpick inserted into a muffin comes out clean, 18 to 20 minutes. Cool for 5 minutes before removing from pan to wire rack.

## Nutrition Facts



**PROTEIN 7.8%** **FAT 19.7%** **CARBS 72.5%**

## Properties

Glycemic Index:27.51, Glycemic Load:26.91, Inflammation Score:-3, Nutrition Score:6.0130434502726%

## Flavonoids

Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg 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,

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## **Nutrients (% of daily need)**

Calories: 214.59kcal (10.73%), Fat: 4.79g (7.37%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 38.43g (13.98%), Sugar: 22.22g (24.69%), Cholesterol: 29.11mg (9.7%), Sodium: 219.98mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Selenium: 9.87µg (14.1%), Manganese: 0.25mg (12.25%), Vitamin B1: 0.18mg (12.23%), Vitamin B2: 0.2mg (11.65%), Folate: 43.99µg (11%), Calcium: 94.06mg (9.41%), Phosphorus: 90.09mg (9.01%), Vitamin E: 1.13mg (7.54%), Iron: 1.35mg (7.51%), Vitamin B3: 1.37mg (6.87%), Fiber: 1.25g (5.02%), Magnesium: 16.47mg (4.12%), Vitamin C: 3.13mg (3.8%), Vitamin K: 3.89µg (3.7%), Copper: 0.07mg (3.67%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.41mg (2.73%), Potassium: 89.82mg (2.57%), Vitamin B12: 0.15µg (2.46%), Vitamin B6: 0.04mg (2.11%), Vitamin D: 0.31µg (2.1%), Vitamin A: 69.64IU (1.39%)