



## Low-Fat Cranberry Orange Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apple sauce
- 0.3 cup firmly brown sugar packed
- 1 Tbsp calumet baking powder
- 1 eggs slightly beaten
- 1 cup milk fat-free
- 1.3 cups flour
- 2 Tbsp butter melted
- 2 cups grain cereal flakes whole with cranberries and almonds
- 1 tsp orange zest grated

0.3 tsp salt

## Equipment

bowl

oven

muffin tray

## Directions

Mix flour, baking powder and salt in large bowl.

Mix cereal and milk in medium bowl; let stand 3 minutes. Stir in egg, applesauce, sugar, margarine and orange peel.

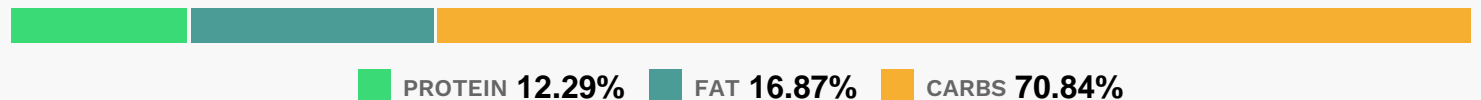
Add to flour mixture; stir just until moistened. (Batter will be lumpy.)

Spoon batter into muffin pan which has been sprayed with cooking spray, filling each cup 2/3 full.

Bake at 400F for 20 minutes or until golden brown.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:16.69, Glycemic Load:7.77, Inflammation Score:-2, Nutrition Score:4.6047826010896%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 129.24kcal (6.46%), Fat: 2.42g (3.73%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 22.05g (8.02%), Sugar: 9.74g (10.82%), Cholesterol: 14.25mg (4.75%), Sodium: 216.21mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin B1: 0.21mg (14.01%), Calcium: 109.53mg (10.95%), Vitamin B2: 0.18mg (10.74%), Folate: 34.73µg (8.68%), Selenium: 6.06µg (8.65%), Iron: 1.35mg (7.48%), Phosphorus: 66.4mg (6.64%), Vitamin B3: 1.23mg (6.13%), Manganese: 0.1mg (4.86%), Vitamin B6: 0.1mg (4.81%),

Fiber: 0.82g (3.29%), Vitamin A: 148.56IU (2.97%), Vitamin B12: 0.15µg (2.56%), Vitamin C: 2mg (2.42%), Vitamin B5: 0.2mg (2.01%), Potassium: 70.28mg (2.01%), Vitamin D: 0.3µg (1.99%), Magnesium: 6.99mg (1.75%), Zinc: 0.24mg (1.57%), Copper: 0.03mg (1.39%)