



Mixed Fruit Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16.5 ounce blueberry muffin mix low-fat
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 1.5 teaspoons ground cinnamon divided
- ☐ 0.3 cup pecans chopped
- ☐ 12 servings try build-a-meal
- ☐ 0.8 cup water

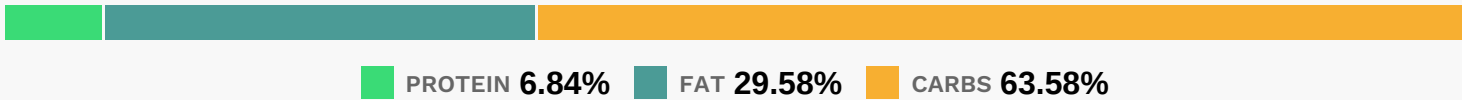
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 40
- ☐ Combine pecans and 1/2 teaspoon cinnamon; mix well. Set aside.
- ☐ Combine 1 teaspoon cinnamon and next 5 ingredients in a bowl, stirring just until moist.Spoon batter into 12 muffin cups coated with cooking spray, filling two-thirds full.
- ☐ Sprinkle each with 1 teaspoon pecan mixture.
- ☐ Bake at 400 for 18 to 20 minutes or until lightly browned.
- ☐ Remove from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:6.5304347743159%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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: 222.29kcal (11.11%), Fat: 7.44g (11.45%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 36g (12%), Net Carbohydrates: 32.16g (11.69%), Sugar: 14.64g (16.27%), Cholesterol: 16.28mg (5.43%), Sodium: 325.96mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Phosphorus: 217.98mg (21.8%), Manganese: 0.4mg (19.85%), Fiber: 3.85g (15.38%), Vitamin B1: 0.19mg (12.84%), Folate: 39.58µg (9.9%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 1.57mg (7.84%), Iron: 1.37mg (7.63%), Selenium: 4.24µg (6.06%), Vitamin A: 265.09IU (5.3%), Copper: 0.1mg (5.22%), Magnesium: 18.23mg (4.56%), Potassium: 135.9mg (3.88%), Vitamin B6: 0.08mg (3.87%), Vitamin E: 0.51mg (3.39%), Calcium: 33.61mg (3.36%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.33mg (3.32%), Vitamin K: 2.76µg (2.63%), Vitamin B12: 0.07µg (1.2%)