



WHATSheATE



Orange Cranberry Swirl Muffins

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs room temperature
- ☐ 6.8 oz flour
- ☐ 0.5 scant cup granulated sugar
- ☐ 0.3 cup orange juice
- ☐ 1.5 teaspoons orange zest loosely packed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour room temperature

- ☐ 5 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 cup cranberry sauce leftover (or so — doesn't have to be precise)

Equipment

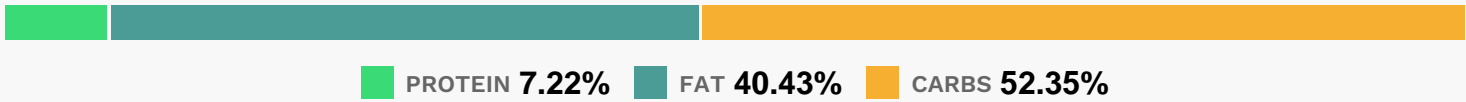
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F. Spray 6 (or
- ☐ muffin cups with flour-added cooking spray.
- ☐ Mix together flour, baking powder, baking soda and salt; Set aside. In a large or medium size mixing bowl, mix the sugar and orange zest together with your fingers or a spoon until the sugar turns orange.
- ☐ Add the softened butter and beat with a hand held mixer until mixed, then add egg and vanilla and beat until fluffy. With a mixing spoon or a heavy duty scraper (I do all my mixing with a spatula scraper), stir in half of the flour mixture. Stir until almost blended then stir in the orange juice and remaining flour mixture. Stir until flour is mixed in then mix in the sour cream, being careful not to overbeat the muffin batter. Spoon just enough muffin batter into each cup to cover the bottom (about 2 tablespoons – slightly less if you're making 9). Spoon a rounded teaspoon of cranberry sauce over muffin batter.
- ☐ Add a second layer of muffin batter and a second layer of cranberry sauce. Top muffins with a final layer of batter – it will be stiff and come up over the top of the muffin pan.
- ☐ Drizzle a little cranberry sauce over top, but try to keep it from getting on the pan where it will stick.
- ☐ Bake at 375 for 22 minutes–24 minutes.

Let cool in pan for about 5 minutes, then carefully remove from pan.

Nutrition Facts



Properties

Glycemic Index:48.18, Glycemic Load:18.78, Inflammation Score:-5, Nutrition Score:7.3182608459307%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 276.61kcal (13.83%), Fat: 12.49g (19.22%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 35.19g (12.8%), Sugar: 9.13g (10.15%), Cholesterol: 61.74mg (20.58%), Sodium: 266.56mg (11.59%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 5.02g (10.03%), Selenium: 14.04µg (20.05%), Vitamin B1: 0.27mg (18.3%), Folate: 68.16µg (17.04%), Vitamin B2: 0.23mg (13.33%), Manganese: 0.24mg (11.98%), Iron: 1.88mg (10.47%), Vitamin B3: 2mg (10%), Vitamin C: 7.89mg (9.56%), Vitamin A: 435.71IU (8.71%), Phosphorus: 86.58mg (8.66%), Calcium: 83.82mg (8.38%), Fiber: 1.21g (4.83%), Vitamin E: 0.64mg (4.25%), Copper: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.42%), Magnesium: 11.64mg (2.91%), Potassium: 96.27mg (2.75%), Zinc: 0.39mg (2.6%), Vitamin D: 0.34µg (2.28%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.11µg (1.9%), Vitamin K: 1.42µg (1.35%)