



Orange-Cranberry Wheat Germ Muffins

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.3 cup canola oil
- 2 large eggs
- 6.8 ounces flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg

- 0.5 cup orange juice fresh
- 1 teaspoon orange rind grated
- 0.3 teaspoon salt
- 0.5 cup cranberries dried sweetened
- 1 tablespoon sugar
- 0.5 cup wheat germ raw

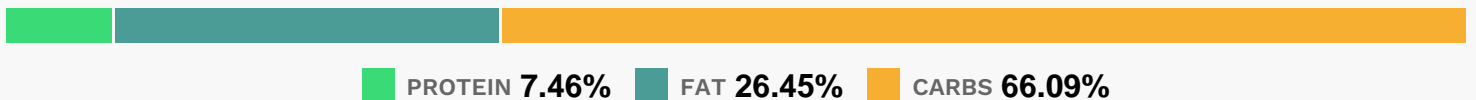
Equipment

- bowl
- oven
- knife
- whisk
- muffin liners
- measuring cup

Directions

- Preheat oven to 37
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 7 ingredients (through nutmeg) in a large bowl; stir with a whisk. Make a well in center of mixture.
- Combine brown sugar, oil, rind, juice, and eggs; stir with a whisk.
- Add egg mixture to flour mixture; stir just until combined. Spoon batter into 12 muffin cups coated with cooking spray.
- Sprinkle with turbinado sugar.
- Bake at 375 for 17 minutes or until muffins spring back when touched in center.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:9.44, Inflammation Score:-2, Nutrition Score:7.4865218245465%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 205.56kcal (10.28%), Fat: 6.17g (9.49%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 33.25g (12.09%), Sugar: 18.95g (21.05%), Cholesterol: 31mg (10.33%), Sodium: 146.36mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Manganese: 0.79mg (39.39%), Selenium: 11.97µg (17.1%), Vitamin B1: 0.23mg (15.26%), Folate: 49.87µg (12.47%), Vitamin B2: 0.15mg (8.56%), Phosphorus: 84.22mg (8.42%), Iron: 1.37mg (7.63%), Vitamin E: 1.03mg (6.84%), Vitamin B3: 1.36mg (6.81%), Vitamin C: 5.41mg (6.55%), Fiber: 1.42g (5.67%), Zinc: 0.83mg (5.5%), Vitamin B6: 0.1mg (4.78%), Magnesium: 18.77mg (4.69%), Calcium: 42.81mg (4.28%), Copper: 0.08mg (4.11%), Vitamin K: 3.82µg (3.64%), Vitamin B5: 0.36mg (3.56%), Potassium: 113.89mg (3.25%), Vitamin A: 66.63IU (1.33%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)