

Pumpkin Cranberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup pumpkin puree canned
- 0.3 cup canola oil
- 0.8 cup cranberries dried
- 2 eggs beaten
- 1.5 teaspoons ground cinnamon
- 0.3 cup oat bran

- 0.7 cup yogurt plain
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1.3 cups flour whole wheat

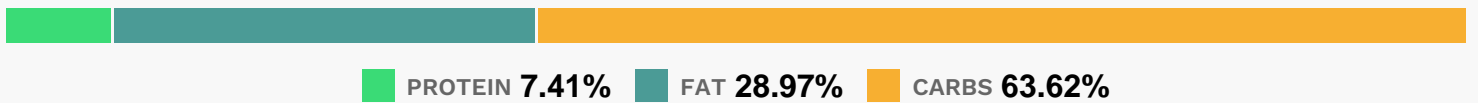
Equipment

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

Directions

- In a large bowl, combine the first seven ingredients. In another bowl, combine the eggs, pumpkin, yogurt and oil. Stir into dry ingredients just until moistened. Fold in cranberries. Coat muffin cups with cooking spray or use paper liners; fill three-fourths full with batter.
- Bake at 400° for 15–20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.05, Glycemic Load:9.63, Inflammation Score:-9, Nutrition Score:9.6247827747594%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 187.89kcal (9.39%), Fat: 6.48g (9.97%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 29.16g (10.6%), Sugar: 19.4g (21.56%), Cholesterol: 29.05mg (9.68%), Sodium: 242mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin A: 3232.38IU (64.65%), Manganese: 0.75mg (37.33%), Selenium: 11.62µg (16.6%), Fiber: 2.85g (11.4%), Phosphorus: 105.64mg (10.56%), Vitamin E: 1.4mg (9.31%), Magnesium: 30.75mg (7.69%), Vitamin K: 7.61µg (7.25%), Vitamin B1: 0.1mg (6.99%), Iron: 1.1mg (6.1%), Vitamin B2: 0.09mg (5.56%), Calcium: 54.54mg (5.45%), Copper: 0.1mg (4.81%), Vitamin B6: 0.09mg (4.33%), Zinc: 0.63mg (4.17%), Potassium: 137.93mg (3.94%), Vitamin B3: 0.78mg (3.89%), Vitamin B5: 0.38mg (3.77%), Folate: 13.66µg (3.42%), Vitamin B12: 0.12µg (1.93%), Vitamin C: 0.95mg (1.15%), Vitamin D: 0.16µg (1.07%)