



Pumpkin-Cranberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin canned
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cranberries dried sweetened chopped (such as Craisins)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and next 5 ingredients (though cloves); stir well with a whisk.
- ☐ Combine granulated sugar and next 5 ingredients (through egg) in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- ☐ Add flour mixture to sugar mixture; beat at low speed just until combined. Fold in cranberries.
- ☐ Place 12 paper muffin cup liners in muffin cups; coat liners with cooking spray. Spoon batter into prepared cups.
- ☐ Bake at 375 for 25 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pan immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:20.48, Inflammation Score:-9, Nutrition Score:7.1913042975509%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 3.19g (4.9%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 39.77g (14.46%), Sugar: 27.19g (30.21%), Cholesterol: 15.9mg (5.3%), Sodium: 181.26mg (7.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin A: 3204.96IU (64.1%), Manganese: 0.23mg (11.54%), Selenium: 7.24µg (10.34%), Vitamin B1: 0.14mg (9.08%), Folate: 34.16µg (8.54%), Vitamin B2: 0.13mg (7.62%), Iron: 1.22mg (6.79%), Fiber: 1.45g (5.8%), Vitamin E: 0.83mg (5.52%), Vitamin B3: 1.08mg (5.4%), Vitamin K: 5.57µg (5.3%), Phosphorus: 46.18mg (4.62%), Calcium: 37.14mg (3.71%), Copper: 0.06mg (2.87%), Magnesium: 10.9mg (2.73%), Vitamin B5: 0.26mg (2.65%), Potassium: 91.96mg (2.63%), Zinc: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.72%), Vitamin C: 0.98mg (1.18%)