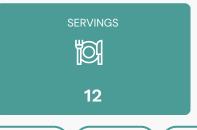


Pumpkin-Cranberry Muffins



1 cup granulated sugar

0.5 teaspoon ground cinnamon





MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

O.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

	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)	
Ea	u inmant	
Equipment		
Ш	bowl	
	frying pan	
	oven	
	knife	
	whisk	
	wire rack	
	blender	
	muffin liners	
	measuring cup	
D :	raatiana	
—	rections	
	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

PROTEIN 5.4% FAT 14.01% CARBS 80.59%

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 Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.3mg, 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 %: O% (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%)