



Red, White and Blueberry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 16.9 oz corn muffin mix wild quick
- 0.8 cup milk
- 0.3 cup vegetable oil
- 2 eggs
- 0.8 cup cranberries dried
- 0.3 cup powdered sugar
- 1 teaspoons milk
- 0.1 teaspoon orange extract

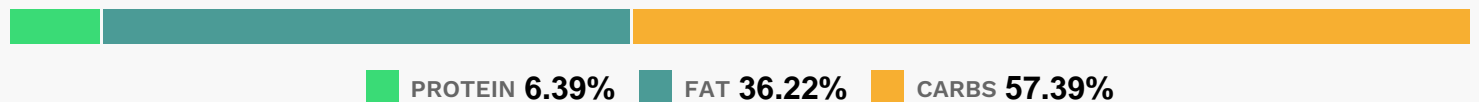
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 425°F.
- Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- Drain Blueberries (from muffin mix); rinse and set aside. In medium bowl, stir Muffin
- Mix, milk, oil, eggs and cranberries just until blended. Gently stir in blueberries. Divide batter among muffin cups (each about three-fourths full).
- Bake 17 to 22 minutes or until golden brown and tops spring back when lightly touched. Cool 3 to 4 minutes; remove from pan. Stir together powdered sugar, milk and orange extract until thin enough to drizzle.
- Drizzle glaze over muffins.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:6.073913079565%

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: 263.22kcal (13.16%), Fat: 10.69g (16.45%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 35.14g (12.78%), Sugar: 17.66g (19.62%), Cholesterol: 29.96mg (9.99%), Sodium: 343mg

(14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Phosphorus: 226.19mg (22.62%), Vitamin B1: 0.18mg (12.21%), Fiber: 3g (11.99%), Vitamin K: 10.99µg (10.47%), Folate: 40.58µg (10.14%), Vitamin B2: 0.17mg (9.79%), Manganese: 0.15mg (7.43%), Vitamin B3: 1.4mg (6.99%), Selenium: 4.85µg (6.93%), Iron: 1.16mg (6.44%), Calcium: 46.85mg (4.68%), Vitamin E: 0.68mg (4.53%), Vitamin B6: 0.08mg (3.8%), Vitamin B5: 0.38mg (3.79%), Magnesium: 12.65mg (3.16%), Vitamin B12: 0.19µg (3.1%), Zinc: 0.39mg (2.63%), Potassium: 82.51mg (2.36%), Vitamin A: 110.89IU (2.22%), Copper: 0.04mg (2.22%), Vitamin D: 0.32µg (2.13%)