



## Red, White and Blueberry Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

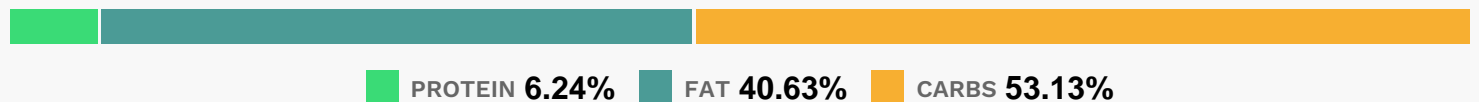
## Equipment

- bowl
- frying pan
- oven
- muffin liners

## Directions

- Heat oven to 425F.
- 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:-1, Nutrition Score:3.9952174285832%

## 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: 180.28kcal (9.01%), Fat: 8.27g (12.73%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22.63g (8.23%), Sugar: 13.63g (15.14%), Cholesterol: 29.56mg (9.85%), Sodium: 180.89mg (7.86%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.86g (5.71%), Phosphorus: 129.16mg (12.92%), Vitamin K: 10µg (9.52%), Fiber: 1.71g (6.83%), Vitamin B2: 0.11mg (6.62%), Vitamin B1: 0.1mg (6.56%), Folate: 22.12µg (5.53%), Selenium: 3.74µg (5.34%), Vitamin E: 0.65mg (4.32%), Manganese: 0.09mg (4.31%), Iron: 0.66mg (3.68%), Vitamin B3: 0.73mg (3.67%), Calcium: 35.54mg (3.55%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.17µg (2.8%), Vitamin B6: 0.05mg (2.53%), Vitamin D: 0.32µg (2.13%), Magnesium: 7.88mg (1.97%), Zinc: 0.28mg (1.87%), Vitamin A: 88.08IU (1.76%), Potassium: 60.09mg (1.72%), Copper: 0.03mg (1.38%)