



Skinny chocolate & cranberry muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 250 g self raising flour
- ☐ 1 tbsp cocoa powder
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp cinnamon
- ☐ 85 g muscovado sugar light
- ☐ 85 g cranberries dried
- ☐ 25 g chocolate dark chopped
- ☐ 125 g yogurt low-fat

- ☐ 125 ml skim milk
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 1 eggs lightly beaten

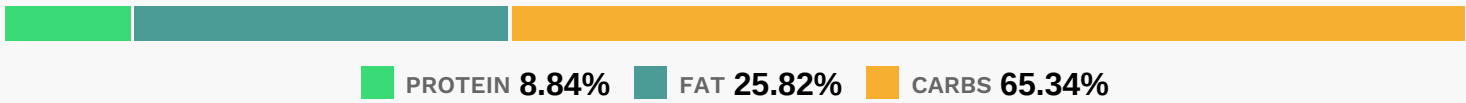
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 12-hole muffin tin with paper cases. Sift the flour, cocoa, baking powder and cinnamon into a bowl. Stir in the sugar and cranberries. Microwave the chocolate on Medium for 1-1 mins, stir, then set aside.
- ☐ Mix the yogurt and milk with the oil and egg. Make a well in centre of the dry mix and gently stir in the liquid.
- ☐ Drizzle half the chocolate over the mix, gently fold in until swirled, then repeat with the remaining chocolate. Take care not to over-mix. Spoon the mix into the muffin cases and bake for 15-20 mins until risen and firm to the touch.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:10.23, Inflammation Score:-1, Nutrition Score:4.3886956183807%

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 Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 184.58kcal (9.23%), Fat: 5.39g (8.3%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 29.32g (10.66%), Sugar: 13.88g (15.42%), Cholesterol: 14.65mg (4.88%), Sodium: 60.84mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Selenium: 10.3µg (14.71%), Manganese: 0.29mg (14.29%), Vitamin E: 1.73mg (11.53%), Phosphorus: 73.12mg (7.31%), Calcium: 71.79mg (7.18%), Fiber: 1.38g (5.54%), Copper: 0.1mg (5.23%), Magnesium: 16.86mg (4.22%), Vitamin B2: 0.07mg (4.14%), Iron: 0.71mg (3.94%), Zinc: 0.48mg (3.19%), Potassium: 103.92mg (2.97%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.16µg (2.66%), Folate: 10.19µg (2.55%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.03mg (1.63%), Vitamin B3: 0.32mg (1.58%), Vitamin D: 0.19µg (1.28%)