



Streusel-Topped Cranberry Coffee Cake Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 cup granulated sugar
- ☐ 1 cup cream sour
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup roasted cranberry sauce whole canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon rolled oats
- ☐ 1 tablespoon brown sugar light packed
- ☐ 1 tablespoon butter melted

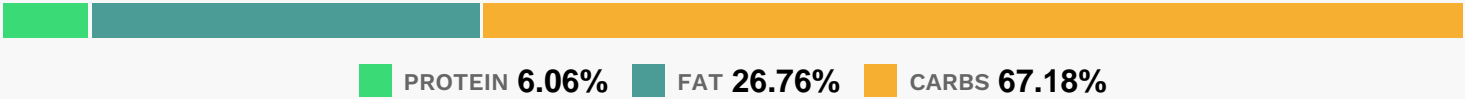
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In large bowl, beat granulate sugar and oil with electric mixer on medium speed until combined.
- ☐ Add sour cream, vanilla and eggs; beat on low speed until well combined.
- ☐ In medium bowl, stir together 2 cups flour, the baking powder, baking soda and cinnamon with mixer running on low speed, gradually beat in flour mixture until combined.
- ☐ Fill each muffin cup with 1 heaping tablespoon batter. Top each with 1 tablespoon cranberry sauce. Divide remaining batter evenly among muffin cups, covering cranberry sauce (no need to completely cover).
- ☐ In small bowl, mix streusel topping ingredients with fingers until crumbly; sprinkle evenly over batter in cups.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean.
- ☐ Serve warm or cooled.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:23.77, Inflammation Score:-3, Nutrition Score:5.1278261697811%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 250.82kcal (12.54%), Fat: 7.55g (11.62%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 41.75g (15.18%), Sugar: 23.96g (26.62%), Cholesterol: 41.1mg (13.7%), Sodium: 187.55mg (8.15%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 3.85g (7.7%), Selenium: 10.58µg (15.11%), Vitamin B1: 0.18mg (12.02%), Folate: 44.26µg (11.06%), Vitamin B2: 0.18mg (10.6%), Manganese: 0.21mg (10.52%), Iron: 1.33mg (7.41%), Phosphorus: 70.07mg (7.01%), Calcium: 69.63mg (6.96%), Vitamin B3: 1.32mg (6.59%), Vitamin E: 0.69mg (4.57%), Vitamin A: 196.01IU (3.92%), Fiber: 0.91g (3.65%), Vitamin B5: 0.28mg (2.8%), Copper: 0.05mg (2.43%), Magnesium: 8.99mg (2.25%), Zinc: 0.34mg (2.25%), Vitamin K: 2.09µg (1.99%), Potassium: 67.04mg (1.92%), Vitamin B12: 0.11µg (1.79%), Vitamin B6: 0.03mg (1.68%)