



Sweet Potato & Cranberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1 tsp cinnamon
- ☐ 0.5 cup cranberries fresh
- ☐ 0.3 cup plant-based milk
- ☐ 0.8 cup sugar raw
- ☐ 0.3 tsp salt
- ☐ 1 cup sweet potatoes and into mashed

- ☐ 0.8 cup apple sauce unsweetened
- ☐ 1.5 cups pastry flour whole wheat

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Grease muffin pan or lightly spray paper liners to prevent sticking and set aside.
- ☐ Whisk flour, baking powder, baking soda and salt together.
- ☐ Whisk in sugar.
- ☐ Add sweet potato, applesauce and cranberries into the middle. Using a spatula, mix about 12 strokes.
- ☐ Add non-dairy milk and cranberries and stir until wet and incorporated.
- ☐ Transfer mixture to muffin pan and fill 3/4 full.
- ☐ Bake 15-25 minutes, or insert a tooth pick to test (cooktime will vary depending on moisture of the potatoes and size of the cranberries). Allow muffins to cool in pan 3 minutes then transfer to wire rack and allow them to fully cool.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 30g
 - ☐ Carbohydrate
 - ☐ 80gDietary Fiber2.40gSugars15.50gProtein2.10g

Nutrition Facts



 **PROTEIN 7.43%**  **FAT 3.98%**  **CARBS 88.59%**

Properties

Glycemic Index:19.83, Glycemic Load:1.55, Inflammation Score:-8, Nutrition Score:6.6200000578943%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 122.72kcal (6.14%), Fat: 0.57g (0.87%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 25.98g (9.45%), Sugar: 14.78g (16.43%), Cholesterol: 0.61mg (0.2%), Sodium: 243.71mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Manganese: 0.7mg (35.07%), Vitamin A: 1589.54IU (31.79%), Selenium: 9.49µg (13.56%), Fiber: 2.37g (9.49%), Phosphorus: 82.18mg (8.22%), Calcium: 64.37mg (6.44%), Magnesium: 25.23mg (6.31%), Vitamin B1: 0.09mg (6.09%), Vitamin B6: 0.09mg (4.71%), Iron: 0.8mg (4.45%), Copper: 0.09mg (4.34%), Vitamin B3: 0.83mg (4.15%), Potassium: 118.77mg (3.39%), Zinc: 0.46mg (3.07%), Vitamin B2: 0.04mg (2.59%), Vitamin B5: 0.22mg (2.17%), Folate: 8.33µg (2.08%), Vitamin E: 0.22mg (1.48%), Vitamin C: 1.01mg (1.22%)