



Zucchini and Cranberry Mini-Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup cranberries dried
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed ()
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.5 cup cream sour
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup flour whole-wheat
- ☐ 2 cups zucchini grated (from 2 medium)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Position racks in upper and lower thirds of oven and preheat to 375°F. Butter muffin cups (if pans are not nonstick, butter liberally or spray with nonstick cooking spray).
- ☐ In large bowl, whisk together all-purpose and whole-wheat flours, cocoa, baking powder, salt, and cinnamon. Stir in zucchini.
- ☐ In medium bowl, whisk together eggs and brown sugar.
- ☐ Whisk in sour cream and oil. Fold wet mixture into dry until just combined (do not overmix). Gently fold in cranberries and pecans.
- ☐ Divide batter among muffin cups, filling each cup 3/4 full.
- ☐ Bake until dark golden on top and toothpick inserted in center comes out clean, 10 to 12 minutes. Cool in pan on rack 10 minutes, then serve warm or turn out onto rack to cool completely. (Muffins can be made up to 3 days ahead and stored in airtight container at room temperature, or frozen in airtight container up to 2 weeks. Defrost in refrigerator, then rewarm, if desired, wrapped in foil in 300°F oven 7 to 10 minutes.)

Nutrition Facts



Properties

Glycemic Index:8.21, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:3.7869565020437%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 121.02kcal (6.05%), Fat: 6.07g (9.33%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.4g (5.23%), Sugar: 6.83g (7.59%), Cholesterol: 18.33mg (6.11%), Sodium: 100.23mg (4.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Manganese: 0.29mg (14.64%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.1mg (6.35%), Vitamin K: 6.45µg (6.14%), Folate: 20.69µg (5.17%), Vitamin B2: 0.08mg (4.91%), Phosphorus: 44.49mg (4.45%), Fiber: 1.01g (4.05%), Iron: 0.71mg (3.96%), Vitamin B3: 0.69mg (3.44%), Copper: 0.07mg (3.37%), Magnesium: 12.1mg (3.03%), Vitamin E: 0.43mg (2.85%), Calcium: 26.85mg (2.68%), Vitamin B6: 0.05mg (2.35%), Vitamin C: 1.92mg (2.33%), Zinc: 0.33mg (2.23%), Potassium: 75.33mg (2.15%), Vitamin B5: 0.18mg (1.8%), Vitamin A: 74.52IU (1.49%)