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Cranberry Nut Muffin ♦

A delicious muffin made with cranberries and nuts. Perfect for breakfast or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 400 grams

Number of Servings: 8

Serving Size: 50 g

Ingredients

200 g	All-Purpose Flour
100 g	sugar
2 tsp	baking powder
0.5 tsp	salt
1 units	Egg
250 ml	milk
60 ml	vegetable oil

100 g	Cranberries
50 g	chopped nuts

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, beat the egg. Then add the milk and vegetable oil. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the wet ingredients into the dry ingredients. Stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the cranberries and chopped nuts.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Spoon the batter into muffin cups, filling each about 2/3 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 25 mins

Step 8

Cooling

Allow the muffins to cool for a few minutes before removing them from the muffin cups.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Easy

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