



Healthdor

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## Muffin Cranberry ♦

A delicious muffin recipe with cranberries. Perfect for breakfast or a snack.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

250 g	All-Purpose Flour
150 g	Cranberries
100 g	Sugar
2 tsp	baking powder
1 tsp	salt
2 pieces	Egg

250 ml Milk

100 ml vegetable oil

## Directions

### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a mixing bowl, combine the flour, sugar, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

In a separate bowl, beat the eggs, milk, and vegetable oil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the wet ingredients to the dry ingredients and mix until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Fold in the cranberries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Preparation

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

## Baking

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

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 8

### Cooling

Allow the muffins to cool before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 3 g

**Protein:** 3 g

**Carbohydrates:** 25 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	30 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	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	1 mg	9.09%	12.5%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Events

Christmas

Easter

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Desserts

Breads

Snacks

## Cultural

Chinese New Year

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

## Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

## Difficulty Level

Medium

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