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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



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Fold in the cranberries.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Preparation

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 7



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



Allow the muffins to cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

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%

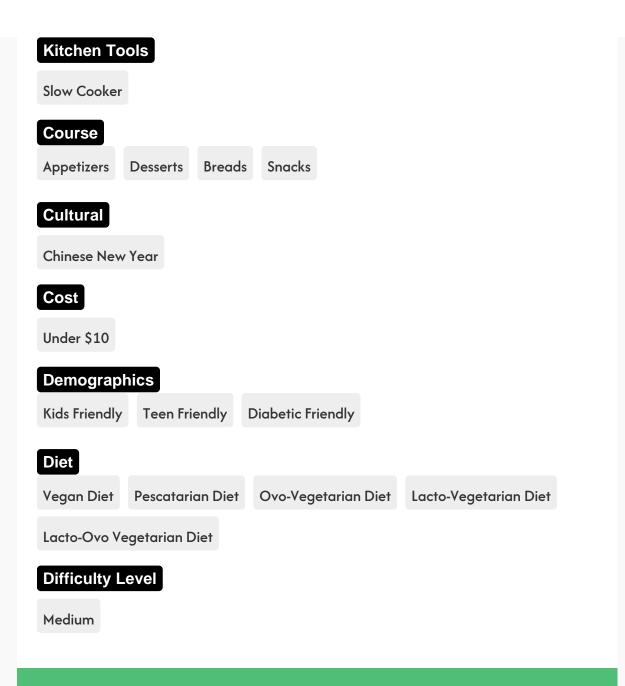
Recipe Attributes

Events

Christmas Easter

Meal Type

Breakfast Brunch Lunch Snack Supper



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