

# Cranberry Nut Muffins

Washington House Inn - Cedarburg, WI  
The Great Country Inns of America Cookbook (2nd ed) (1992)

**Servings: 12**

**Yield: 12 muffins**

1 cup cranberries, coarsely chopped  
1/2 cup sugar  
1 3/4 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 teaspoon allspice  
1 egg, beaten  
1/4 teaspoon grated orange rind  
3/4 cup fresh orange juice  
1/3 cup butter, melted  
1/4 cup walnuts

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Preheat the oven to 400 degrees.

In a bowl, toss the cranberries in 1/4 cup of the sugar. Set aside.

In a bowl, thoroughly stir together the flour, remaining 1/4 cup of sugar, baking powder, salt, cinnamon and allspice. Make a well in the center.

In a bowl, combine the egg, orange rind, orange juice and melted butter. Add all at once to the well in the flour mixture. Stir until the dry ingredients are moistened.

Gently fold in the cranberries and nuts. Fill greased or lined muffin tins about two-thirds full.

Bake for 20 to 25 minutes.

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Per Serving (excluding unknown items): 177 Calories; 7g Fat (35.9% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 358mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	177	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	35.9%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	56.9%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	7.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	7g	<b>Folacin (mcg):</b>	17mcg

**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 31mg  
**Carbohydrate (g):** 26g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 358mg  
**Potassium (mg):** 78mg  
**Calcium (mg):** 80mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 254IU  
**Vitamin A (r.e.):** 57 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 177 Calories from Fat: 64

#### % Daily Values\*

<b>Total Fat</b>	7g	11%
	Saturated Fat 3g	17%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	358mg	15%
<b>Total Carbohydrates</b>	26g	9%
	Dietary Fiber 1g	4%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		15%
<b>Calcium</b>		8%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.