## **Apple-Cranberry Muffins**

Target Stores Food Network Magazine

## Yield: 12 muffins

cooking spray

2 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/4 teaspoon baking soda

1/2 cup dried cranberries

3/4 cup packed brown sugar

1 stick unsalted butter, melted

1/2 cup applesauce

1/2 cup sour cream

2 large eggs

dried apples (for topping)

dried cranberries (for topping)

## Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

Line a twelve-cup muffin pan with paper liners. Coat the liners with cooking spray.

In a large bowl, whisk the flour, baking powder, cinnamon, salt and baking soda. Add the cranberries.

In a separate bowl, whisk the brown sugar, butter, applesauce, sour cream and eggs. Fold into the flour mixture.

Divide the batter among the prepared muffin cups. Top with dried apples and dried cranberries.

Bake until a toothpick inserted into the centers comes out clean, 20 to 25 minutes.

Let cool slightly in the pan. Then remove to a rack to cool completely.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 2842 Calories; 129g Fat (40.3% calories from fat); 43g Protein; 385g Carbohydrate; 9g Dietary Fiber; 723mg Cholesterol; 2155mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 24 Fat; 11 Other Carbohydrates.

**Bread and Muffins** 

% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g):	40.3% 53.6% 6.0% 129g 76g 38g 7g	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	1.8mcg 2.1mg 1.9mg 451mcg 15mg 0mg
Polyunsaturated Fat (g): Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	723mg 385g 9g 43g 2155mg 1252mg 687mg 18mg 4mg 3mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	12 1/2 1 1/2 0 1 1/2 1/2 24 11
Vitamin A (i.u.): Vitamin A (r.e.):	4881IU 1269RE		

## **Nutrition Facts**

Amount Per Serving			
Calories 2842	Calories from Fat: 1147		
	% Daily Values*		
Total Fat 129g	198%		
Saturated Fat 76g	379%		
Cholesterol 723mg	241%		
Sodium 2155mg	90%		
Total Carbohydrates 385g	128%		
Dietary Fiber 9g	36%		
Protein 43g			
Vitamin A	98%		
Vitamin C	6%		
Calcium	69%		
Iron	101%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.