



Almond Chip Coconut Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 1 pint so delicious dairy free no sugar added almond chip coconut milk dessert frozen softened toasted
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup brown sugar light
- ☐ 2 cups self-rising flour

Equipment

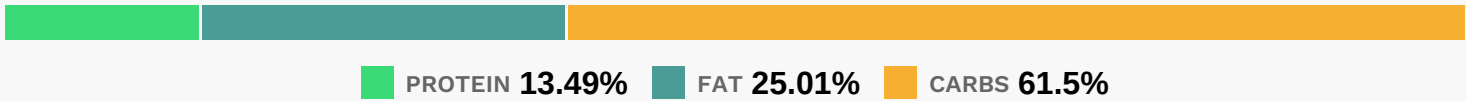
- ☐ frying pan

- ☐ oven
- ☐ mixing bowl
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400°F. Prepare a 12-count muffin pan by placing paper liners in the cups.In a 4 quart mixing bowl, stir together the self-rising flour and No Sugar
- ☐ Added Toasted Milk Dairy-Free Frozen Dessert (softened, almost to the melted point). The batter will be very stiff.In a small mixing bowl, stir together the chopped almonds, brown sugar, and all-purpose flour.Divide the batter equally into the 12 paper liners.
- ☐ Sprinkle almond mixture over batter.
- ☐ Bake 20 minutes or until muffins are just beginning to brown around the edges.
- ☐ Remove muffins from pan.
- ☐ Serve warm or room temperature.

Nutrition Facts



Properties

Glycemic Index:15.45, Glycemic Load:10.59, Inflammation Score:-3, Nutrition Score:6.0952173651237%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 147.14kcal (7.36%), Fat: 4.11g (6.32%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.31g (7.75%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 21.49mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin E: 2.6mg (17.35%), Manganese: 0.31mg (15.42%), Selenium: 9.69µg (13.84%), Vitamin B2: 0.16mg (9.53%), Vitamin B3: 1.76mg (8.82%), Calcium: 78.25mg (7.83%),

Copper: 0.15mg (7.54%), Vitamin B12: 0.43µg (7.1%), Folate: 23.3µg (5.83%), Fiber: 1.42g (5.68%), Vitamin B6: 0.11mg (5.5%), Magnesium: 21.85mg (5.46%), Phosphorus: 49.73mg (4.97%), Vitamin B1: 0.06mg (3.88%), Iron: 0.66mg (3.69%), Potassium: 126.87mg (3.62%), Vitamin C: 2.84mg (3.44%), Vitamin D: 0.47µg (3.15%), Vitamin A: 155.44IU (3.11%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.13mg (1.28%)