



Almond-Tres Leches Muffins

READY IN



50 min.

SERVINGS



12

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon almond extract
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup condensed milk sweetened (from 14-oz can) (not evaporated)
- ☐ 0.3 cup whipping cream
- ☐ 0.3 cup milk

- ☐ 0.8 cup almonds sliced
- ☐ 0.3 cup condensed milk sweetened

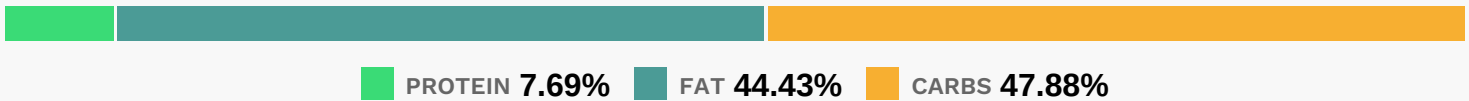
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease 12 regular-size muffin cups with shortening or line with paper baking cups.
- ☐ In large bowl, beat butter and sugar with electric mixer on medium speed until smooth. Beat in almond extract and eggs. With spoon, stir in flour, baking powder, 1/3 cup condensed milk, the whipping cream, milk and 1/2 cup of the almonds just until moistened. Divide batter evenly among muffin cups (3/4 full).
- ☐ Sprinkle remaining 1/4 cup almonds evenly over batter in cups.
- ☐ Bake 15 to 20 minutes or until light golden brown.
- ☐ Remove muffins from pan to cooling rack. Cool 10 minutes.
- ☐ Drizzle 1 teaspoon additional sweetened condensed milk over top of each muffin.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:24.54, Inflammation Score:-5, Nutrition Score:7.5852174111035%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg 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: 305.52kcal (15.28%), Fat: 15.32g (23.57%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 35.86g (13.04%), Sugar: 20.05g (22.28%), Cholesterol: 40.62mg (13.54%), Sodium: 194.12mg (8.44%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.97g (11.93%), Selenium: 12.15µg (17.35%), Vitamin B2: 0.29mg (17.14%), Manganese: 0.28mg (13.88%), Vitamin B1: 0.2mg (13.18%), Phosphorus: 129.78mg (12.98%), Vitamin E: 1.94mg (12.95%), Calcium: 119.78mg (11.98%), Folate: 46.1µg (11.52%), Vitamin A: 525.86IU (10.52%), Iron: 1.42mg (7.9%), Vitamin B3: 1.49mg (7.45%), Magnesium: 26.62mg (6.65%), Fiber: 1.28g (5.13%), Copper: 0.1mg (4.92%), Potassium: 150.77mg (4.31%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.19µg (3.12%), Vitamin D: 0.36µg (2.38%), Vitamin B6: 0.04mg (2.22%)