

## Apricot Breakfast Muffins

READY IN



25 min.

SERVINGS



6

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup flour
- 0.3 teaspoon almond extract
- 0.5 cup smucker's® apricot preserves sugar free for spreading on tops of muffins
- 2 teaspoons double-acting baking powder
- 2 tablespoons canola oil pure crisco®
- 1 large eggs
- 0.3 cup splenda® no calorie sweetener
- 0.3 teaspoon salt
- 2 tablespoons skim milk

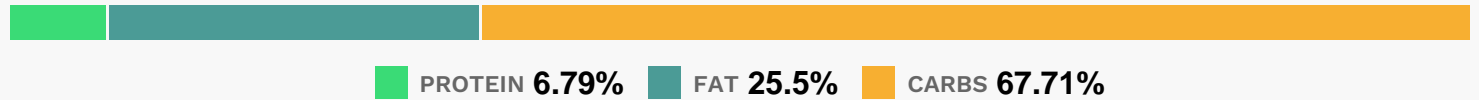
## Equipment

- oven
- mixing bowl
- toothpicks
- muffin liners

## Directions

- Heat oven to 350 degrees F. Coat 6 muffin cups with no-stick spray.
- Combine flour, SLENDA® Granulated Sweetener, baking powder and salt in medium mixing bowl.
- Beat together egg, oil and milk. Blend in preserves and almond extract.
- Add to flour mixture and stir just until moistened. Fill muffin cups evenly with batter.
- Bake 20 to 30 minutes or until toothpick inserted in center comes out clean. Cool.
- Spread tops with a thin layer of preserves before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.71, Glycemic Load:15.72, Inflammation Score:-2, Nutrition Score:4.8865217436915%

## Nutrients (% of daily need)

Calories: 184.53kcal (9.23%), Fat: 5.72g (8.81%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 33.17g (12.06%), Sugar: 14.11g (15.68%), Cholesterol: 31.15mg (10.38%), Sodium: 252.54mg (10.98%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.43g (6.86%), Selenium: 10.04µg (14.34%), Vitamin B1: 0.17mg (11.31%), Folate: 43.82µg (10.96%), Calcium: 94.5mg (9.45%), Vitamin B2: 0.15mg (8.69%), Phosphorus: 75.25mg (7.53%), Iron: 1.34mg (7.42%), Manganese: 0.15mg (7.27%), Vitamin E: 0.93mg (6.22%), Vitamin B3: 1.24mg (6.21%), Fiber: 1.03g (4.13%), Vitamin K: 3.41µg (3.25%), Vitamin B5: 0.24mg (2.37%), Copper: 0.04mg (2.05%), Zinc: 0.29mg (1.92%), Magnesium: 7.5mg (1.87%), Vitamin B12: 0.1µg (1.72%), Potassium: 55.89mg (1.6%), Vitamin B6: 0.03mg (1.5%), Vitamin D: 0.22µg (1.48%), Vitamin A: 55.2IU (1.1%)