



Beer Muffins



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups buttermilk baking mix
- ☐ 1 cup beer
- ☐ 1 cup raisins chopped
- ☐ 2 tablespoons sugar white

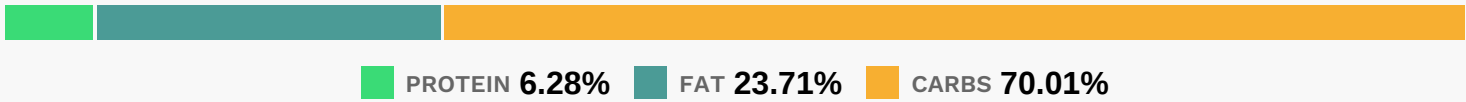
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 10 muffin cups.
- ☐ In a large bowl, combine baking mix, sugar, raisins and beer; stir until smooth.
- ☐ Pour batter into prepared muffin cups.
- ☐ Bake in preheated oven until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:5.7460869329617%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 216.39kcal (10.82%), Fat: 5.63g (8.66%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 35.65g (12.96%), Sugar: 6.59g (7.32%), Cholesterol: 0.72mg (0.24%), Sodium: 464.39mg (20.19%), Alcohol: 0.92g (100%), Alcohol %: 1.52% (100%), Protein: 3.35g (6.71%), Phosphorus: 224.78mg (22.48%), Vitamin B1: 0.22mg (14.96%), Folate: 46.85µg (11.71%), Vitamin B2: 0.19mg (11.18%), Vitamin B3: 1.92mg (9.59%), Manganese: 0.16mg (8.15%), Iron: 1.38mg (7.66%), Fiber: 1.74g (6.97%), Calcium: 69.47mg (6.95%), Potassium: 184.73mg (5.28%), Copper: 0.1mg (5.03%), Selenium: 2.94µg (4.2%), Magnesium: 14.77mg (3.69%), Vitamin B5: 0.33mg (3.34%), Vitamin B6: 0.07mg (3.27%), Vitamin B12: 0.15µg (2.42%), Vitamin K: 2.34µg (2.23%), Zinc: 0.24mg (1.63%), Vitamin C: 0.89mg (1.08%)