



Berry Shortcake Muffins

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup sugar
- 0.7 cup whipping cream
- 2 tablespoons butter melted
- 1 eggs
- 0.8 cup strawberries fresh diced
- 0.8 cup blueberries fresh
- 1 serving powdered sugar
- 2 cups frangelico

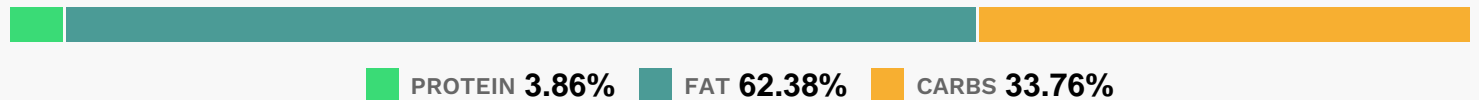
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each muffin cup; spray inside of paper cups with cooking spray.
- In large bowl, stir all ingredients except berries just until moistened. Fold in berries. Spoon batter evenly into muffin cups.
- Bake 15 to 16 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Just before serving, sprinkle muffins with powdered sugar.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:1.8473913047625%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 99.06kcal (4.95%), Fat: 7.09g (10.91%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.23g (2.99%), Sugar: 7.96g (8.84%), Cholesterol: 33.6mg (11.2%), Sodium: 24.03mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin C: 6.27mg (7.6%), Vitamin A: 278.55IU (5.57%), Manganese: 0.07mg (3.36%), Vitamin B2: 0.05mg (2.9%), Vitamin K: 2.58µg (2.46%), Selenium: 1.63µg (2.33%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.28µg (1.9%), Phosphorus: 18.76mg (1.88%), Fiber: 0.4g (1.61%), Calcium: 13.4mg (1.34%), Folate: 5.04µg (1.26%), Vitamin B5: 0.12mg (1.15%), Potassium: 39.2mg (1.12%)