



Berry Shortcake Muffins

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

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Equipment

bowl

frying pan

oven

wire rack

toothpicks

muffin liners

Directions

Heat oven to 400F.

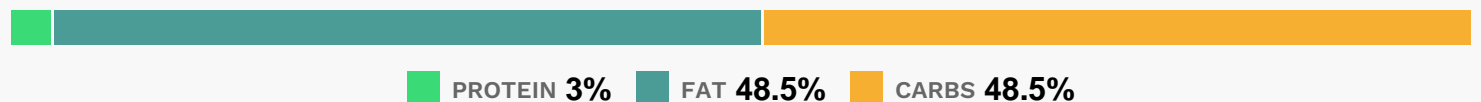
Place paper baking cup in each muffin cup; spray inside of paper cups with cooking spray.

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:1.8569565363552%

Flavonoids

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Nutrients (% of daily need)

Calories: 127.59kcal (6.38%), Fat: 7.09g (10.91%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.55g (5.65%), Sugar: 15.13g (16.81%), Cholesterol: 33.6mg (11.2%), Sodium: 24.18mg (1.05%), 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 (3.38%), Vitamin B2: 0.05mg (2.99%), Vitamin K: 2.58µg (2.46%), Selenium: 1.67µg (2.39%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.28µg (1.9%), Phosphorus: 18.76mg (1.88%), Fiber: 0.4g (1.61%), Calcium: 13.47mg (1.35%), Folate: 5.04µg (1.26%), Vitamin B5: 0.12mg (1.15%), Potassium: 39.34mg (1.12%)