

Best Ever Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.8 cup sugar white

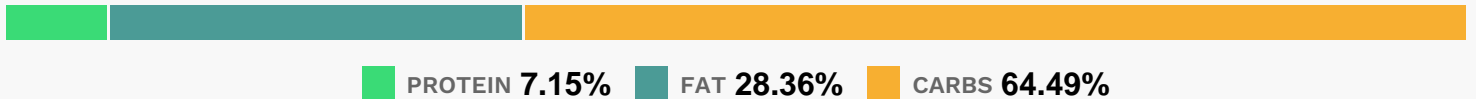
Equipment

- bowl
- oven
- measuring cup
- muffin tray

Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Stir together the flour, baking powder, salt and sugar in a large bowl. Make a well in the center. In a small bowl or 2 cup measuring cup, beat egg with a fork. Stir in milk and oil.
- Pour all at once into the well in the flour mixture.
- Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy.
- Pour the batter into paper lined muffin pan cups.
- Add 1 cup finely chopped dates. Cheese Muffins: Fold in 1 cup grated sharp yellow cheese. Bacon Muffins: Fold 1/4 cup crisp cooked bacon, broken into bits.
- Bake for 25 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:20.84, Inflammation Score:-2, Nutrition Score:4.7091304011967%

Nutrients (% of daily need)

Calories: 182.08kcal (9.1%), Fat: 5.79g (8.9%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 29.04g (10.56%), Sugar: 13.52g (15.03%), Cholesterol: 16.08mg (5.36%), Sodium: 216.37mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Selenium: 8.65µg (12.36%), Vitamin B1: 0.18mg (11.76%), Folate: 39.85µg (9.96%), Calcium: 89.13mg (8.91%), Vitamin B2: 0.15mg (8.83%), Vitamin K: 8.49µg (8.08%), Manganese: 0.14mg (7.24%), Phosphorus: 72.21mg (7.22%), Iron: 1.15mg (6.38%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.43mg (2.88%), Vitamin B12: 0.14µg (2.37%), Fiber: 0.56g (2.26%), Vitamin B5: 0.22mg (2.23%), Vitamin D: 0.3µg (1.98%), Magnesium: 7.74mg (1.93%), Zinc: 0.28mg (1.85%), Copper: 0.03mg (1.69%), Potassium: 58.32mg (1.67%), Vitamin B6: 0.03mg (1.39%), Vitamin A: 52.74IU (1.05%)