



## Brunch Peanut Butter Muffins

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 tablespoons pillsbury best® all purpose flour
- 1 tablespoon double-acting baking powder
- 3 tablespoons extra crunchy peanut butter jif®
- 1 large eggs
- 1 cup milk
- 0.1 teaspoon salt
- 3 tablespoons sugar
- 0.3 cup all-vegetable oil crisco®

## Equipment

- bowl
- frying pan
- oven
- knife
- muffin tray

## Directions

- Preheat oven to 400 degrees F. Spray a 12-cup muffin pan with a no-stick cooking spray or line with paper cups.
- Stir together flour, sugar, baking powder and salt in medium bowl.
- Combine egg, milk and oil in small bowl.
- Add liquids to flour mixture, stirring just until dry ingredients are moistened. Divide batter evenly among cups.
- Combine sugar, flour, peanut butter and salt in small bowl, mixing with fork until crumbly. Divide topping over muffins. Lightly stir into muffin with knife.
- Bake 18 to 23 minutes or until golden brown. Cool in pan on rack 5 minutes.
- Remove from pan to rack to cool completely.

## Nutrition Facts



PROTEIN 7.98% FAT 69.8% CARBS 22.22%

## Properties

Glycemic Index:22.92, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:3.1078260722368%

## Nutrients (% of daily need)

Calories: 114.15kcal (5.71%), Fat: 9.13g (14.04%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 6.17g (2.24%), Sugar: 4.33g (4.81%), Cholesterol: 17.94mg (5.98%), Sodium: 163.37mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 11.24µg (10.7%), Calcium: 88.23mg (8.82%), Phosphorus: 65.48mg (6.55%), Vitamin E: 0.8mg (5.35%), Manganese: 0.09mg (4.35%), Selenium: 2.65µg (3.78%), Vitamin B2: 0.06mg (3.61%), Vitamin B3: 0.68mg (3.42%), Magnesium: 10.02mg (2.51%), Vitamin B12:

0.15µg (2.45%), Folate: 9.07µg (2.27%), Vitamin B1: 0.03mg (2.13%), Vitamin D: 0.31µg (2.05%), Potassium: 68.32mg (1.95%), Iron: 0.35mg (1.94%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.04mg (1.85%), Zinc: 0.26mg (1.75%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.47%), Vitamin A: 55.44IU (1.11%)