



Butter Tart Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter cubed
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup real maple syrup
- ☐ 0.5 cup milk
- ☐ 1.5 cups raisins

- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.8 cup sugar white

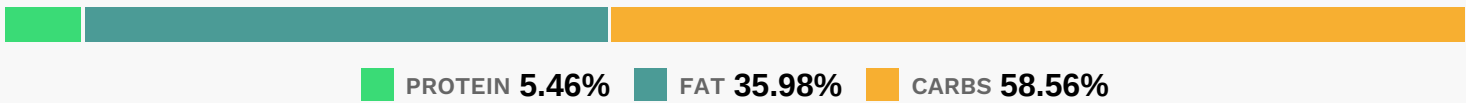
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Place raisins, sugar, butter, eggs, milk, and vanilla in a large heavy-bottomed saucepan. Cook over medium heat, stirring frequently until mixture is hot, slightly thickened, and just beginning to bubble, about 4 to 5 minutes. Cool slightly, uncovered, in the refrigerator, while continuing with recipe.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or coat with cooking spray.
- ☐ Stir flour with baking powder, soda, and salt in a large mixing bowl. Make a well in center and pour in warm raisin mixture, stirring just until combined. Stir in nuts until evenly mixed. Spoon batter into muffin cups.
- ☐ Bake at 375 degrees F (190 degrees C) in center of oven until golden and a cake tester inserted into center of a muffin comes out clean, about 15 to 17 minutes.
- ☐ Remove from oven and immediately pour about 1 teaspoon syrup over each muffin. Cool muffins in cups for 10 minutes, then remove to a rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:27.06, Inflammation Score:-3, Nutrition Score:6.7530434079792%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 294.36kcal (14.72%), Fat: 12.16g (18.71%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 42.56g (15.48%), Sugar: 17.23g (19.14%), Cholesterol: 48.84mg (16.28%), Sodium: 246.43mg (10.71%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.15g (8.3%), Manganese: 0.48mg (23.97%), Vitamin B2: 0.26mg (15.07%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.17mg (11.54%), Folate: 37.65µg (9.41%), Phosphorus: 89.02mg (8.9%), Iron: 1.55mg (8.63%), Copper: 0.16mg (8.07%), Fiber: 1.98g (7.93%), Calcium: 77.73mg (7.77%), Potassium: 231.36mg (6.61%), Vitamin B3: 1.21mg (6.03%), Vitamin A: 293.41IU (5.87%), Magnesium: 20.5mg (5.12%), Vitamin B6: 0.09mg (4.31%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.27mg (2.65%), Vitamin E: 0.34mg (2.3%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.26µg (1.72%), Vitamin C: 1.04mg (1.26%)