



Caramel-Spice French Breakfast Muffins

READY IN



50 min.

SERVINGS



18

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.5 cup sugar
- ☐ 4 oz mrs richardson's butterscotch caramel sauce
- ☐ 2 eggs
- ☐ 0.8 cup milk
- ☐ 2 cups unbleached flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.8 cup butter
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1 serving mrs richardson's butterscotch caramel sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Spray 18 regular-size muffin cups with cooking spray.
- ☐ In large bowl, beat 1/2 cup butter, 1/2 cup sugar, 1/2 cup caramel topping, the eggs and milk with electric mixer on low speed (mixture will appear curdled). Stir in remaining muffin ingredients just until moistened. Fill muffin cups 2/3 full.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Meanwhile, in medium microwavable bowl, microwave 3/4 cup butter on High until melted. In small bowl, mix 3/4 cup sugar and the pumpkin pie spice.
- ☐ Remove muffins from pan.
- ☐ Roll in melted butter, then in sugar mixture.
- ☐ Drizzle with caramel topping.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **4.52%**  FAT **48.8%**  CARBS **46.68%**

Properties

Glycemic Index:22.9, Glycemic Load:16.5, Inflammation Score:-4, Nutrition Score:2.9486957101718%

Nutrients (% of daily need)

Calories: 249.63kcal (12.48%), Fat: 13.8g (21.23%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 29.3g (10.65%), Sugar: 19.3g (21.44%), Cholesterol: 19.41mg (6.47%), Sodium: 288.97mg (12.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Vitamin A: 615.35IU (12.31%), Selenium: 7.42µg (10.6%), Manganese: 0.15mg (7.73%), Phosphorus: 48.02mg (4.8%), Calcium: 47.79mg (4.78%), Vitamin E: 0.61mg (4.06%), Vitamin B2: 0.05mg (3.14%), Vitamin B12: 0.13µg (2.16%), Vitamin B5: 0.2mg (2.01%), Folate: 7.29µg (1.82%), Magnesium: 6.63mg (1.66%), Iron: 0.29mg (1.63%), Fiber: 0.4g (1.6%), Copper: 0.03mg (1.58%), Zinc: 0.23mg (1.54%), Potassium: 50.03mg (1.43%), Vitamin D: 0.21µg (1.4%), Vitamin B1: 0.02mg (1.38%), Vitamin B6: 0.02mg (1.1%)