



Cinnamon Chip Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup extra sugar to coat cookies prior to baking
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla

☐ 0.3 cup vegetable oil

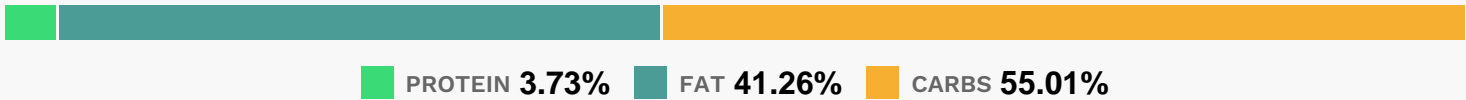
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In medium bowl, mix flour, sugar, baking powder and salt. In small bowl, mix oil, milk, egg and vanilla.
- ☐ Pour into flour mixture; stir just until combined. Stir in cinnamon chips. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack.
- ☐ Serve warm, if desired.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:17.64, Inflammation Score:-1, Nutrition Score:3.9326087158659%

Nutrients (% of daily need)

Calories: 239.16kcal (11.96%), Fat: 11.31g (17.41%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 32.51g (11.82%), Sugar: 12.9g (14.33%), Cholesterol: 14.45mg (4.82%), Sodium: 175.81mg (7.64%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 2.3g (4.6%), Vitamin K: 11.21µg (10.68%), Selenium: 6.63µg

(9.47%), Iron: 1.59mg (8.84%), Vitamin B1: 0.13mg (8.53%), Folate: 30.32µg (7.58%), Vitamin B2: 0.11mg (6.23%), Fiber: 1.43g (5.71%), Manganese: 0.11mg (5.47%), Calcium: 52.13mg (5.21%), Vitamin B3: 0.93mg (4.67%), Phosphorus: 45.61mg (4.56%), Vitamin E: 0.55mg (3.64%), Vitamin B5: 0.15mg (1.5%), Copper: 0.03mg (1.32%), Zinc: 0.19mg (1.24%), Magnesium: 4.91mg (1.23%), Vitamin B12: 0.07µg (1.15%)