



Cinnamon-Kissed Raspberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons orange rind grated

- ☐ 1.5 cups raspberries
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce carton vanilla yogurt low-fat
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 6 ingredients in a bowl; stir well. Make a well in center of mixture.
- ☐ Combine milk, oil, vanilla, yogurt, and egg; add to dry ingredients, stirring just until moist.
- ☐ Toss raspberries with 1 tablespoon flour; gently fold into batter.
- ☐ Spoon batter into 18 muffin cups coated with cooking spray, filling three-fourths full.
- ☐ Combine 1 tablespoon sugar and 1/8 teaspoon cinnamon; sprinkle evenly over muffins.
- ☐ Bake muffins at 400 for 20 minutes or until golden.
- ☐ Remove from pans immediately; place on wire rack.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:14.54, Inflammation Score:-2, Nutrition Score:3.9243478645449%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 117.71kcal (5.89%), Fat: 1.42g (2.18%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 22.41g (8.15%), Sugar: 11.76g (13.06%), Cholesterol: 11.27mg (3.76%), Sodium: 135.5mg (5.89%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Protein: 2.92g (5.84%), Selenium: 6.6µg (9.43%), Vitamin B1: 0.13mg (8.52%), Manganese: 0.17mg (8.48%), Folate: 31.23µg (7.81%), Vitamin B2: 0.13mg (7.53%), Phosphorus: 56.71mg (5.67%), Calcium: 54.84mg (5.48%), Vitamin B3: 0.93mg (4.67%), Iron: 0.82mg (4.57%), Fiber: 1.06g (4.25%), Vitamin C: 2.95mg (3.57%), Vitamin B12: 0.15µg (2.51%), Vitamin B5: 0.25mg (2.45%), Potassium: 79.86mg (2.28%), Magnesium: 9.05mg (2.26%), Zinc: 0.33mg (2.2%), Vitamin K: 2.24µg (2.13%), Copper: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.42%), Vitamin E: 0.19mg (1.27%), Vitamin D: 0.17µg (1.12%)