



Coconut Cream Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.3 cups flour
- ☐ 0.7 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi-sweet chocolate chips mini
- ☐ 0.8 cup sugar

- ☐ 1.8 cups coconut or sweetened flaked
- ☐ 1.5 teaspoons vanilla

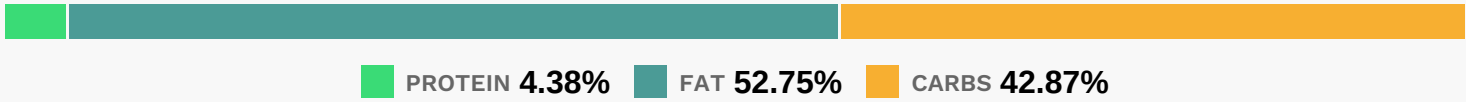
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. and line 12 muffin tins with paper liners.In a bowl, combine dry ingredients (flour, baking powder and salt).In a mixing bowl, cream butter and sugar until light. Beat in eggs, vanilla and almond extract. Starting and ending with flour mixture, add flour mixture and cream alternately. Fold in coconut and chocolate chips (if using).Fill muffin tins about ¾ full and bake 18 to 20 minutes or until muffins test done. Cool in pan on wire rack.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:16, Inflammation Score:-3, Nutrition Score:4.5721739634224%

Nutrients (% of daily need)

Calories: 302.26kcal (15.11%), Fat: 17.95g (27.61%), Saturated Fat: 12.15g (75.93%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 31.11g (11.31%), Sugar: 20.69g (22.99%), Cholesterol: 63.31mg (21.1%), Sodium: 197.75mg (8.6%), Alcohol: 0.2g (100%), Alcohol %: 0.34% (100%), Protein: 3.35g (6.7%), Selenium: 9.23µg (13.18%), Manganese: 0.21mg (10.59%), Vitamin A: 481.53IU (9.63%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.11mg (7.35%), Folate: 28.46µg (7.11%), Fiber: 1.71g (6.86%), Phosphorus: 58.26mg (5.83%), Iron: 1.04mg (5.78%), Calcium: 44.03mg (4.4%), Vitamin B3: 0.88mg (4.38%), Copper: 0.06mg (3.17%), Magnesium: 11.34mg (2.84%), Vitamin E: 0.43mg (2.84%), Potassium: 84.82mg (2.42%), Vitamin D: 0.36µg (2.39%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.1µg (1.71%), Vitamin B6: 0.03mg (1.35%), Vitamin K: 1.15µg (1.09%)