



Coconut Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 eggs separated
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons butter softened
- ☐ 0.8 cup coconut or unsweetened flaked
- ☐ 0.3 cup water boiling

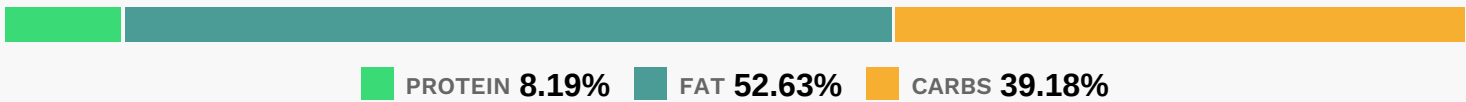
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ muffin tray

Directions

- ☐ In a large bowl beat egg yolks.
- ☐ Add the butter, honey, almond extract, boiling water, coconut, and flour. Stir until just blended.
- ☐ In a separate bowl, beat egg whites until stiff with an electric mixer. Fold egg whites into muffin batter.
- ☐ Pour batter two-thirds of the way full into greased muffin tin.
- ☐ Bake in a preheated 350 degree F (175 degrees C) oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.8260869534443%

Nutrients (% of daily need)

Calories: 101.64kcal (5.08%), Fat: 6.08g (9.35%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.1g (3.31%), Sugar: 3.32g (3.69%), Cholesterol: 27.28mg (9.09%), Sodium: 35.01mg (1.52%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 2.13g (4.26%), Manganese: 0.2mg (10.21%), Selenium: 5.91µg (8.44%), Vitamin B2: 0.08mg (4.69%), Folate: 18.32µg (4.58%), Vitamin B1: 0.07mg (4.51%), Fiber: 1.08g (4.34%), Iron: 0.68mg (3.79%), Phosphorus: 34.58mg (3.46%), Copper: 0.06mg (3.06%), Vitamin B3: 0.5mg (2.52%), Vitamin A: 123.06IU (2.46%), Vitamin B5: 0.19mg (1.94%), Magnesium: 7.6mg (1.9%), Zinc: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.65%), Potassium: 50.25mg (1.44%), Vitamin E: 0.18mg (1.18%), Vitamin B12: 0.07µg (1.13%)