



## Delicious Pineapple Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar packed
- 0.3 cup butter melted
- 8 ounce pineapple crushed canned
- 1 eggs beaten
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.8 cup milk

- 0.5 teaspoon salt
- 0.5 cup sugar white

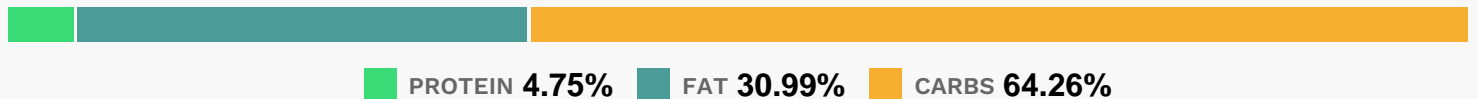
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease and flour muffin pans, or line with paper liners.
- In a large bowl, stir together 2 cups flour, white sugar, baking powder and salt.
- Drain pineapple, reserving 1/4 cup juice. Make a well in the center of the dry ingredients, and pour in the reserved juice, egg, milk, and 1/4 cup melted butter.
- Mix just until blended.
- In a separate bowl, stir together the cinnamon, brown sugar, 1/2 cup flour, and 1/4 cup melted butter to make the topping.
- Spoon batter into muffin cups, then spoon crushed pineapple over the batter and sprinkle with the cinnamon topping.
- Bake for 30 minutes in the preheated oven, until a toothpick inserted in the crown of the muffin comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:6.91, Inflammation Score:-1, Nutrition Score:1.9826086992803%

## Nutrients (% of daily need)

Calories: 100.9kcal (5.05%), Fat: 3.58g (5.51%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 16.39g (5.96%), Sugar: 13.28g (14.75%), Cholesterol: 19.23mg (6.41%), Sodium: 184.8mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Calcium: 67.61mg (6.76%), Phosphorus: 39.69mg (3.97%), Selenium: 2.57µg (3.68%), Vitamin B1: 0.05mg (3.52%), Vitamin B2: 0.05mg (3.12%), Vitamin A: 129.19IU (2.58%), Folate: 9.3µg (2.33%), Iron: 0.39mg (2.17%), Manganese: 0.04mg (1.84%), Vitamin C: 1.33mg (1.62%), Vitamin B12: 0.09µg (1.54%), Vitamin B3: 0.29mg (1.46%), Potassium: 50.08mg (1.43%), Magnesium: 5.39mg (1.35%), Vitamin B6: 0.03mg (1.3%), Copper: 0.03mg (1.29%), Fiber: 0.31g (1.23%), Vitamin D: 0.18µg (1.21%), Vitamin B5: 0.11mg (1.12%)