



## Diabetic-Friendly Coconut Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon coconut extract
- 1 large eggs lightly beaten
- 1 large egg white lightly beaten
- 2 cups flour all-purpose
- 8 ounce vanilla yogurt low-fat
- 0.3 teaspoon salt
- 0.3 cup coconut or sweetened flaked
- 0.3 cup vegetable oil

0.3 cup sugar white

## Equipment

bowl

frying pan

oven

whisk

muffin liners

## Directions

Preheat oven to 400 degrees F (200 degrees C). Spray 12 muffin cups with cooking spray.

Stir flour, sugar, coconut, baking powder, and salt in a large bowl and make a well in the center.

Whisk yogurt, egg, egg white, vegetable oil, and coconut extract together in a separate bowl until thoroughly combined.

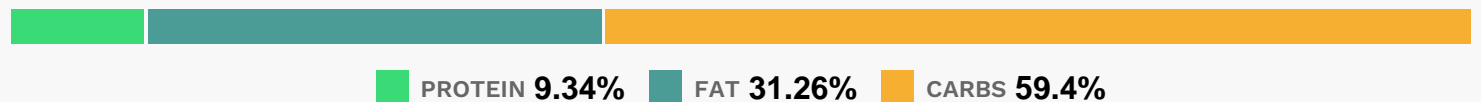
Pour egg mixture into well in dry ingredients and stir just until moistened.

Pour batter into prepared muffin cups, filling them 3/4 full.

Bake in the preheated oven until lightly browned, about 20 minutes.

Remove muffins from pan immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.76, Glycemic Load:15.55, Inflammation Score:-2, Nutrition Score:4.9356521368027%

## Nutrients (% of daily need)

Calories: 169.55kcal (8.48%), Fat: 5.9g (9.07%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 24.47g (8.9%), Sugar: 8.91g (9.9%), Cholesterol: 16.44mg (5.48%), Sodium: 147.6mg (6.42%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 3.96g (7.93%), Selenium: 10.14µg (14.48%), Vitamin B1: 0.17mg (11.57%), Folate: 42.33µg (10.58%), Vitamin B2: 0.17mg (10.2%), Manganese: 0.16mg (8.1%), Vitamin K: 8.45µg (8.04%), Calcium: 77.43mg (7.74%), Phosphorus: 73.06mg (7.31%), Iron: 1.16mg (6.44%), Vitamin B3: 1.27mg (6.35%), Fiber: 0.74g (2.96%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.37mg (2.47%), Magnesium:

9.51mg (2.38%), Vitamin B12: 0.14µg (2.33%), Potassium: 80.71mg (2.31%), Copper: 0.04mg (2.09%), Vitamin B6:  
0.03mg (1.27%)