

## Feather-Light Breakfast Puffs

READY IN



30 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 6 tablespoons butter melted
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 0.5 cup milk
- 0.5 teaspoon salt
- 0.3 cup shortening

0.5 cup sugar

## Equipment

bowl

oven

muffin liners

## Directions

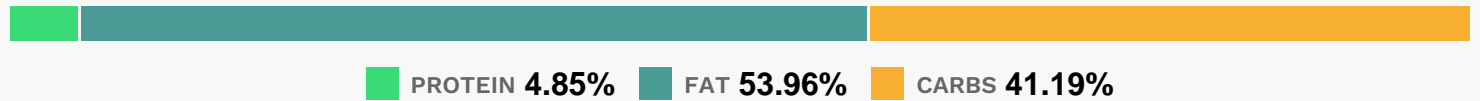
In a bowl, beat shortening and egg.

Combine the flour, sugar, baking powder, salt and nutmeg. Stir into egg mixture alternately with milk (batter will be stiff). Fill greased or paper-lined muffin cups about two-thirds full.

Bake at 350° for 15–20 minutes or until muffins test done. For topping combine sugar and cinnamon. When puffs are removed from the oven, immediately roll each in butter and then into cinnamon-sugar.

Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:33.34, Glycemic Load:14.76, Inflammation Score:-2, Nutrition Score:3.6391304217117%

## Nutrients (% of daily need)

Calories: 201.73kcal (10.09%), Fat: 12.24g (18.83%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 20.5g (7.46%), Sugar: 8.88g (9.87%), Cholesterol: 29.91mg (9.97%), Sodium: 204.62mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Selenium: 6.74µg (9.63%), Vitamin B1: 0.13mg (8.77%), Folate: 30.57µg (7.64%), Manganese: 0.14mg (6.95%), Vitamin B2: 0.11mg (6.59%), Calcium: 49.91mg (4.99%), Iron: 0.87mg (4.83%), Phosphorus: 47.23mg (4.72%), Vitamin B3: 0.94mg (4.71%), Vitamin A: 211.73IU (4.23%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.66µg (3.49%), Vitamin B5: 0.21mg (2.1%), Fiber: 0.52g (2.08%), Vitamin B12: 0.1µg (1.66%), Zinc: 0.21mg (1.4%), Magnesium: 5.55mg (1.39%), Copper: 0.03mg (1.35%), Vitamin D: 0.19µg (1.23%), Potassium: 39.86mg (1.14%)