



French Breakfast Muffins

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

0.3 cup sugar white

Equipment

oven

mixing bowl

muffin liners

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.


In a medium mixing bowl, stir together flour, 1/2 cup sugar, baking powder, nutmeg and salt. Make a well in the center of the mixture. Stir together egg, milk and 1/3 cup melted butter.

Add egg mixture to flour mixture; stir until just moistened (batter may be lumpy). Spoon batter into prepared muffin cups.

Bake in preheated oven for 20 to 25 minutes. Meanwhile, combine 1/4 cup sugar, cinnamon. When muffins are finished baking, dip tops of muffins in the melted butter, and then in the cinnamon sugar mixture.

Serve warm.

Nutrition Facts

 **PROTEIN 7.55%** **FAT 41.07%** **CARBS 51.38%**

Properties

Glycemic Index:33.34, Glycemic Load:11.85, Inflammation Score:-2, Nutrition Score:3.3078260684953%

Nutrients (% of daily need)

Calories: 130.16kcal (6.51%), Fat: 5.97g (9.19%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 16.33g (5.94%), Sugar: 4.72g (5.25%), Cholesterol: 28.42mg (9.47%), Sodium: 127.21mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Selenium: 6.71µg (9.58%), Vitamin B1: 0.13mg (8.69%), Folate: 30.54µg (7.64%), Vitamin B2: 0.11mg (6.53%), Manganese: 0.12mg (6.2%), Calcium: 48.76mg (4.88%), Iron: 0.86mg (4.76%), Phosphorus: 47.01mg (4.7%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 194.13IU (3.88%), Fiber: 0.48g (1.9%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.1µg (1.64%), Zinc: 0.21mg (1.38%), Magnesium: 5.49mg (1.37%), Vitamin E: 0.2mg (1.34%), Copper: 0.03mg (1.32%), Vitamin D: 0.19µg (1.23%), Potassium: 39.24mg

(1.12%)