

French Breakfast Puffs

READY IN



30 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

☐ 0.5 cup sugar white

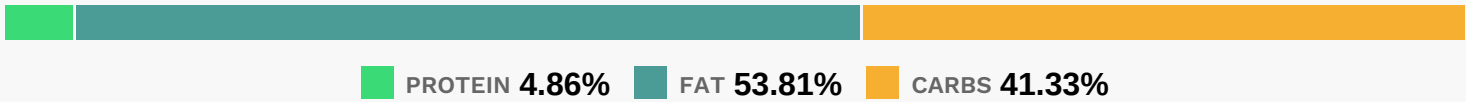
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line cups with paper muffin liners.
- ☐ In a large bowl, whisk together flour, baking powder, salt, and nutmeg. In a separate bowl, cream together 1/2 cup sugar and shortening. Beat in egg. Stir flour mixture into shortening mixture alternately with milk. Beat well. Spoon batter into prepared muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes. While muffins are baking, combine 1/2 cup sugar and 1 teaspoon cinnamon.
- ☐ Remove muffins from oven and muffin pan. Immediately, dip the tops of the muffins into the melted margarine, then into the sugar/cinnamon mixture. Repeat with each muffin, until all muffin tops are covered.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:14.76, Inflammation Score:-3, Nutrition Score:3.6943477922646%

Nutrients (% of daily need)

Calories: 201.87kcal (10.09%), Fat: 12.2g (18.77%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.56g (7.48%), Sugar: 8.88g (9.86%), Cholesterol: 14.86mg (4.95%), Sodium: 225.62mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Selenium: 6.67µg (9.53%), Vitamin B1:

0.13mg (8.79%), Folate: 30.43µg (7.61%), Manganese: 0.14mg (6.95%), Vitamin B2: 0.11mg (6.6%), Vitamin A: 287.19IU (5.74%), Calcium: 50.33mg (5.03%), Iron: 0.87mg (4.82%), Phosphorus: 47.16mg (4.72%), Vitamin B3: 0.94mg (4.7%), Vitamin E: 0.62mg (4.15%), Vitamin K: 3.17µg (3.02%), Vitamin B5: 0.21mg (2.08%), Fiber: 0.52g (2.08%), Vitamin B12: 0.09µg (1.58%), Magnesium: 5.62mg (1.41%), Zinc: 0.2mg (1.36%), Copper: 0.03mg (1.35%), Vitamin D: 0.19µg (1.23%), Potassium: 41.12mg (1.17%), Vitamin B6: 0.02mg (1.02%)