



French Breakfast Puffs

 Popular

READY IN



35 min.

SERVINGS



15

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup shortening
- ☐ 0.5 cup sugar
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup milk

- ☐ 0.5 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted

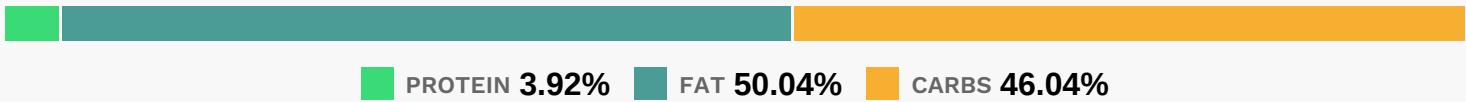
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Grease 15 medium muffin cups, 2 1/2x1 1/4 inches.
- ☐ Mix shortening, 1/2 cup sugar and the egg thoroughly in large bowl. Stir in flour, baking powder, salt and nutmeg alternately with milk. Divide batter evenly among muffin cups.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Mix 1/2 cup sugar and the cinnamon.
- ☐ Roll hot muffins immediately in melted butter, then in sugar-cinnamon mixture.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.01, Glycemic Load:16.46, Inflammation Score:-3, Nutrition Score:3.0543478454423%

Nutrients (% of daily need)

Calories: 201.3kcal (10.06%), Fat: 11.36g (17.48%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 23.11g (8.4%), Sugar: 13.75g (15.28%), Cholesterol: 11.89mg (3.96%), Sodium: 199.11mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Selenium: 5.38µg (7.68%), Vitamin B1: 0.11mg (7.04%), Folate: 24.36µg (6.09%), Vitamin A: 300.1IU (6%), Manganese: 0.11mg (5.57%), Vitamin B2: 0.09mg (5.4%), Calcium: 40.92mg (4.09%), Iron: 0.7mg (3.88%), Phosphorus: 38.18mg (3.82%), Vitamin B3: 0.75mg (3.76%), Vitamin E: 0.56mg (3.73%), Vitamin K: 2.54µg (2.42%), Vitamin B5: 0.17mg (1.68%), Fiber: 0.42g (1.66%), Vitamin B12: 0.08µg (1.29%), Magnesium: 4.56mg (1.14%), Copper: 0.02mg (1.1%), Zinc: 0.16mg (1.09%)