



French Breakfast Puffs

READY IN



35 min.

SERVINGS



15

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup 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

Heat oven to 350F. 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.

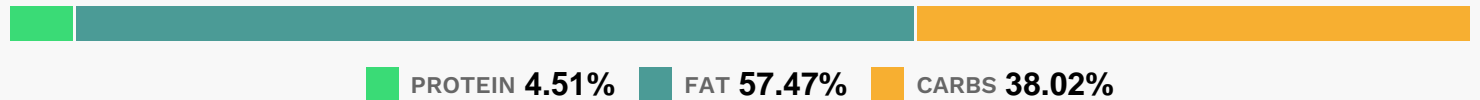
Bake 20 to 25 minutes or until golden brown.

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:23.34, Glycemic Load:11.81, Inflammation Score:-3, Nutrition Score:3.0460869707977%

Nutrients (% of daily need)

Calories: 175.63kcal (8.78%), Fat: 11.34g (17.45%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 16.47g (5.99%), Sugar: 7.1g (7.89%), Cholesterol: 11.89mg (3.96%), Sodium: 199.04mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Selenium: 5.34µg (7.63%), Vitamin B1: 0.11mg (7.04%), Folate: 24.36µg (6.09%), Vitamin A: 300.1IU (6%), Manganese: 0.11mg (5.56%), Vitamin B2: 0.09mg (5.32%), Calcium: 40.85mg (4.09%), Iron: 0.69mg (3.86%), 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%), Zinc: 0.16mg (1.09%), Copper: 0.02mg (1.08%)