

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 granulated 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


PROTEIN 4.86% **FAT 53.81%** **CARBS 41.33%**

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: 0g (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%), Fiber: 0.52g (2.08%), Vitamin B5: 0.21mg (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%)