



French Cinnamon Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups self raising flour
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.7 cup milk
- ☐ 0.3 cup butter cooled melted
- ☐ 1 eggs
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup butter melted

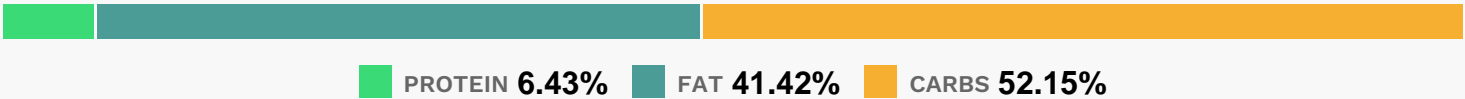
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 425°F. Grease bottom only of 12 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups. In large bowl, stir together flour, 1/2 cup sugar and 1/4 teaspoon cinnamon.
- ☐ In small bowl, mix milk, 1/3 cup melted butter and the egg until well blended.
- ☐ Add to flour mixture; stir just until dry ingredients are moistened. (Batter will be slightly lumpy.) Divide batter evenly among muffin cups, filling each about 2/3 full.
- ☐ Bake 15 to 18 minutes or until golden brown. Meanwhile, in small bowl, mix 1/4 cup sugar and 1 teaspoon cinnamon.
- ☐ Remove muffins from muffin cups. Dip tops of warm muffins into 1/4 cup melted butter; dip into sugar-cinnamon mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:18.76, Inflammation Score:-3, Nutrition Score:3.0326086940325%

Nutrients (% of daily need)

Calories: 216.56kcal (10.83%), Fat: 10.05g (15.47%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 27.88g (10.14%), Sugar: 13.21g (14.68%), Cholesterol: 15.27mg (5.09%), Sodium: 114.98mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Selenium: 9.74µg (13.91%), Manganese: 0.2mg (10.17%), Vitamin A: 437.51IU (8.75%), Phosphorus: 43.83mg (4.38%), Vitamin B2: 0.05mg (3.21%), Vitamin E: 0.48mg (3.17%), Calcium: 27.37mg (2.74%), Fiber: 0.61g (2.44%), Folate: 8.72µg (2.18%), Copper: 0.04mg (2.11%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.12µg (1.95%), Magnesium: 7.73mg (1.93%), Zinc: 0.28mg (1.9%), Vitamin B1: 0.03mg (1.79%), Iron: 0.28mg (1.53%), Potassium: 52.01mg (1.49%), Vitamin D: 0.22µg (1.48%), Vitamin B6: 0.02mg (1.18%),

Vitamin B3: 0.23mg (1.15%)