



Fresh Ginger-and-Lemon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup ginger fresh peeled chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon lemon zest grated

- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.3 cup prune- cut to pieces
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar divided
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Combine 1 tablespoon sugar, ground ginger, and cinnamon in a bowl. Stir well; set cinnamon mixture aside.
- ☐ Place fresh ginger, 1/2 cup sugar, and lemon rind in a food processor; process until finely chopped. Set aside.
- ☐ Combine remaining 7 tablespoons sugar, flour, baking soda, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine the ginger mixture, buttermilk, prune butter, oil, egg, and egg white; stir with a whisk.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Divide batter evenly among 12 muffin cups coated with cooking spray; sprinkle 1/4 teaspoon cinnamon mixture over each muffin.
- ☐ Bake at 375 for 20 minutes or until golden.
- ☐ Remove from pans immediately; let cool on a wire rack.

Nutrition Facts



 **PROTEIN 8.07%**  **FAT 9.96%**  **CARBS 81.97%**

Properties

Glycemic Index:16.17, Glycemic Load:23.98, Inflammation Score:-2, Nutrition Score:4.5134782298752%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 177.08kcal (8.85%), Fat: 1.99g (3.06%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 35.83g (13.03%), Sugar: 19.34g (21.49%), Cholesterol: 16.1mg (5.37%), Sodium: 150.51mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Selenium: 9.35µg (13.36%), Vitamin B1: 0.17mg (11.58%), Folate: 41.43µg (10.36%), Vitamin B2: 0.17mg (10.03%), Manganese: 0.18mg (9.24%), Vitamin B3: 1.36mg (6.79%), Iron: 1.13mg (6.28%), Phosphorus: 48.68mg (4.87%), Vitamin K: 5.07µg (4.82%), Fiber: 1.03g (4.11%), Potassium: 100.73mg (2.88%), Copper: 0.06mg (2.77%), Calcium: 26.78mg (2.68%), Magnesium: 10.07mg (2.52%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.3mg (1.98%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 67.68IU (1.35%), Vitamin E: 0.18mg (1.23%), Vitamin B12: 0.07µg (1.21%), Vitamin C: 0.93mg (1.12%)