



Fresh Mango Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 3 eggs
- 1.5 cups flour all-purpose
- 0.3 cup heavy whipping cream
- 3 cups mangos cubed peeled seeded
- 1 pinch salt
- 0.3 cup butter unsalted melted
- 0.3 cup sugar white

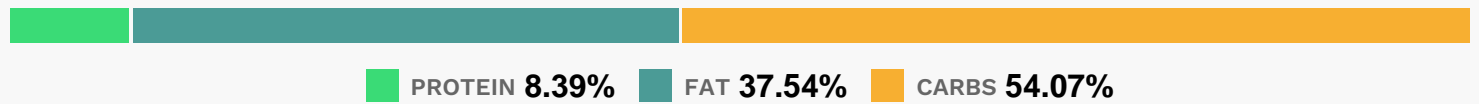
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- Combine flour, sugar, baking powder, and salt in a bowl. Beat eggs, cream, and butter until smooth in another large bowl. Stir flour mixture into egg mixture until batter is moistened. Fold mango into batter until just combined. Evenly divide batter into prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.07, Glycemic Load:14.56, Inflammation Score:-5, Nutrition Score:6.1378260643586%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 164.52kcal (8.23%), Fat: 7g (10.76%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 21.59g (7.85%), Sugar: 10.04g (11.16%), Cholesterol: 56.69mg (18.9%), Sodium: 92.14mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin C: 15.04mg (18.24%), Vitamin A: 696.79IU (13.94%), Selenium: 9.14µg (13.06%), Folate: 51.84µg (12.96%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.15mg (9.11%), Manganese: 0.14mg (6.81%), Phosphorus: 63.05mg (6.3%), Vitamin B3: 1.21mg (6.06%), Iron: 1.07mg

(5.92%), Calcium: 56.67mg (5.67%), Vitamin E: 0.65mg (4.34%), Fiber: 1.08g (4.33%), Copper: 0.08mg (3.89%),
Vitamin B6: 0.08mg (3.83%), Vitamin B5: 0.34mg (3.36%), Potassium: 107.26mg (3.06%), Vitamin D: 0.37µg
(2.47%), Magnesium: 9.5mg (2.38%), Vitamin K: 2.3µg (2.19%), Zinc: 0.31mg (2.03%), Vitamin B12: 0.11µg (1.9%)