



Fresh Rosemary Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup currants
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 4 ounces goat cheese
- ☐ 0.3 cup golden raisins
- ☐ 0.8 cup milk

- ☐ 0.3 cup raisins
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup butter unsalted

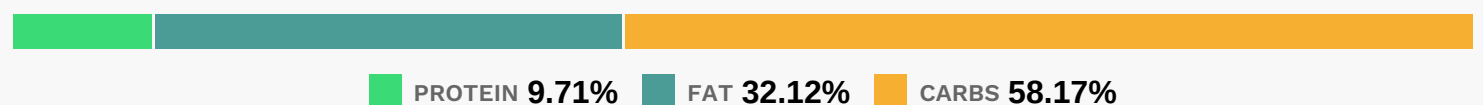
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Cook first 5 ingredients in a heavy saucepan over medium heat, stirring often, 2 minutes or just until it begins to steam; remove from heat.
- ☐ Add butter; stir until butter melts. Cool completely.
- ☐ Combine flour and next 3 ingredients in a large bowl; make a well in center of mixture. Stir together egg and milk mixture until well blended; add to flour mixture, stirring just until moistened. Spoon one-third of batter into 1 lightly greased 12-cup muffin pan; add 2 tsp. goat cheese to each muffin cup. Spoon remaining batter over goat cheese, filling each cup two-thirds full.
- ☐ Bake at 350 for 20 to 24 minutes or until golden brown. Cool in pan on a wire rack 3 minutes.
- ☐ Remove from pan.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:17.99, Inflammation Score:-3, Nutrition Score:4.9243478671364%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 190.26kcal (9.51%), Fat: 6.94g (10.67%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 27.37g (9.95%), Sugar: 12.85g (14.28%), Cholesterol: 31.84mg (10.61%), Sodium: 169.06mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Selenium: 7.29µg (10.41%), Vitamin B2: 0.17mg (10.13%), Vitamin B1: 0.15mg (9.88%), Phosphorus: 89.28mg (8.93%), Calcium: 82.7mg (8.27%), Folate: 32.49µg (8.12%), Manganese: 0.15mg (7.58%), Iron: 1.26mg (6.98%), Copper: 0.13mg (6.29%), Vitamin B3: 1.1mg (5.51%), Vitamin A: 270.07IU (5.4%), Fiber: 0.9g (3.62%), Vitamin B6: 0.07mg (3.6%), Potassium: 121.13mg (3.46%), Magnesium: 10.75mg (2.69%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.36µg (2.4%), Zinc: 0.35mg (2.3%), Vitamin E: 0.19mg (1.3%)