



Gingerbread Muffins

READY IN



70 min.

SERVINGS



12

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.3 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 serving evaporated cane juice
- ☐ 0.5 cup peppermint candies white melted

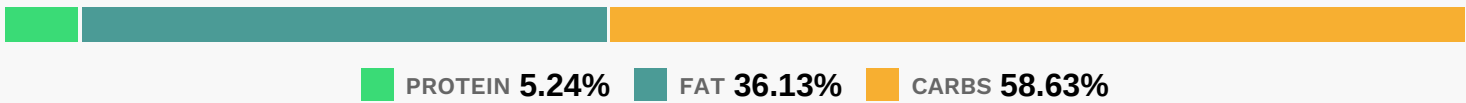
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening, or place paper baking cup in each muffin cup.
- ☐ In large bowl, beat brown sugar, molasses, milk, oil and egg with spoon. Stir in remaining ingredients except decorator sugar crystals and melted baking chips just until flour is moistened. Divide batter evenly among muffin cups.
- ☐ Sprinkle with sugar crystals.
- ☐ Bake 18 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan to cooling rack. Cool completely, about 30 minutes.
- ☐ Drizzle with melted baking chips.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:16.33, Inflammation Score:-3, Nutrition Score:6.5043477920572%

Nutrients (% of daily need)

Calories: 251.67kcal (12.58%), Fat: 10.26g (15.78%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 36.82g (13.39%), Sugar: 21.02g (23.36%), Cholesterol: 14.45mg (4.82%), Sodium: 198.7mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.43mg (21.64%), Selenium: 10.97µg (15.67%), Vitamin B1: 0.17mg (11.65%), Vitamin K: 11.26µg (10.72%), Magnesium: 40.79mg (10.2%), Iron: 1.81mg (10.04%), Folate: 39.94µg (9.98%), Calcium: 81.84mg (8.18%), Vitamin B2: 0.13mg (7.63%), Potassium: 251.73mg (7.19%), Vitamin B3: 1.39mg (6.97%), Vitamin B6: 0.12mg (5.84%), Copper: 0.1mg (5.23%), Phosphorus: 48.83mg (4.88%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.29mg (2.93%), Fiber: 0.64g (2.56%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.07µg (1.15%)