



Gingerbread Muffins with Spiced Nut Streusel

READY IN



55 min.

SERVINGS



100

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter softened
- ☐ 1 cup hot-brewed coffee hot brewed
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 12 paper baking cups
- ☐ 100 servings spiced nut streusel
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup unsulphured molasses
- ☐ 0.5 cup apple sauce unsweetened

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ stand mixer
- ☐ measuring cup
- ☐ muffin tray

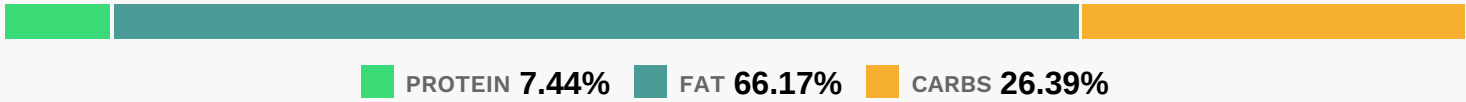
Directions

- ☐ Preheat oven to 35
- ☐ Prepare Spiced Nut Streusel. Process flour and next 5 ingredients in a food processor until ginger is finely ground (about 1 minute).
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugars, beating until light and fluffy. Beat in applesauce until blended.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Combine hot brewed coffee and molasses in a 2-cup glass measuring cup.
- ☐ Add flour mixture to butter mixture alternately with coffee mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Place 12 paper baking cups in a 12-cup muffin pan, and coat cups with cooking spray. Spoon batter into cups, filling almost full.
- ☐ Sprinkle with Spiced Nut Streusel.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean.

- ☐
- Remove from pan to a wire rack, and cool 10 minutes.

☐

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:4.9173911949215%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 104.02kcal (5.2%), Fat: 8.05g (12.39%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.67g (4.08%), Cholesterol: 5.06mg (1.69%), Sodium: 33.17mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.92mg (46.17%), Magnesium: 30.07mg (7.52%), Copper: 0.15mg (7.42%), Phosphorus: 66.79mg (6.68%), Vitamin E: 0.96mg (6.43%), Vitamin K: 5.5µg (5.24%), Zinc: 0.71mg (4.74%), Iron: 0.8mg (4.45%), Vitamin B1: 0.07mg (4.38%), Vitamin B3: 0.73mg (3.66%), Vitamin B2: 0.05mg (2.79%), Folate: 10.72µg (2.68%), Potassium: 90.83mg (2.6%), Selenium: 1.68µg (2.41%), Fiber: 0.55g (2.19%), Vitamin B6: 0.02mg (1.13%)