



HEALTH SCORE

63%

## Gingerbread Muffins with Spiced Streusel and Spiced Hard Sauce



Very Healthy

READY IN



105 min.

SERVINGS



1

CALORIES



5722 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.8 cup butter softened
- ☐ 0.8 cup hot-brewed coffee hot brewed
- ☐ 0.3 cup candied ginger chopped
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 serving sauce hard
- ☐ 0.7 cup blackstrap molasses
- ☐ 18 peanut butter cups
- ☐ 1 serving spiced rum
- ☐ 0.5 teaspoon salt

## Equipment

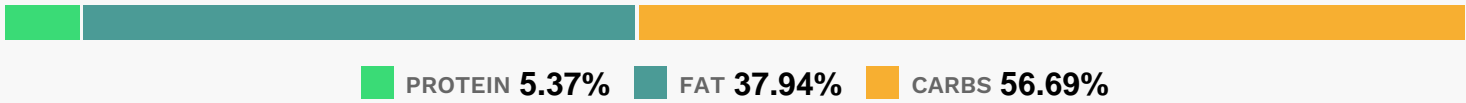
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ stand mixer

## Directions

- ☐ Preheat oven to 35
- ☐ Process first 6 ingredients in a food processor 1 minute or until ginger is finely chopped.
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add both sugars, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Stir together hot coffee and molasses in a small bowl.
- ☐ 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 baking cups in 2 (12-cup) muffin pans, and lightly grease; spoon batter into cups, filling two-thirds full.
- ☐ Sprinkle with Spiced Streusel.
- ☐ Bake at 350 for 18 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 5 minutes.

Remove from pans to wire racks, and cool completely (about 30 minutes). Top with Spiced Hard Sauce.

## Nutrition Facts



## Properties

Glycemic Index:259.09, Glycemic Load:316.24, Inflammation Score:-10, Nutrition Score:74.293913224469%

## Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg  
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,  
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:  
0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 5722.33kcal (286.12%), Fat: 244.6g (376.31%), Saturated Fat: 123.92g (774.51%), Carbohydrates: 822.17g (274.06%), Net Carbohydrates: 802.1g (291.67%), Sugar: 555.68g (617.43%), Cholesterol: 756.4mg (252.13%), Sodium: 4731.01mg (205.7%), Alcohol: 5.01g (100%), Alcohol %: 0.4% (100%), Caffeine: 92.52mg (30.84%), Protein: 77.95g (155.9%), Manganese: 6.04mg (302.13%), Selenium: 184.59µg (263.71%), Magnesium: 834.08mg (208.52%), Vitamin B1: 3.11mg (207.32%), Folate: 781.76µg (195.44%), Iron: 31.57mg (175.38%), Vitamin B3: 34.9mg (174.52%), Vitamin B2: 2.56mg (150.32%), Potassium: 5085.75mg (145.31%), Copper: 2.42mg (121.06%), Phosphorus: 1149.9mg (114.99%), Vitamin B6: 2.17mg (108.67%), Vitamin A: 4969.26IU (99.39%), Calcium: 951.16mg (95.12%), Fiber: 20.07g (80.28%), Vitamin B5: 7.39mg (73.94%), Zinc: 8.31mg (55.4%), Vitamin E: 5.71mg (38.06%), Vitamin B12: 1.98µg (32.92%), Vitamin K: 20.12µg (19.16%), Vitamin D: 2µg (13.33%), Vitamin C: 0.96mg (1.16%)