



Gluten-Free Raspberry-Ginger Muffins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1.5 cups flour gluten-free all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup brown sugar light packed ()
- ☐ 1.5 cups raspberries fresh frozen thawed (or ,)
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.5 cup milk whole

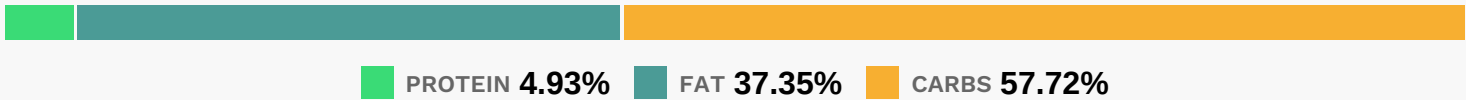
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Coat 2 standard 6-cup muffin pans with nonstickspray.
- ☐ Whisk baking powder, salt, and 1 1/2 cupsflour in a medium bowl.
- ☐ Whisk egg, brown sugar,butter, milk, and ginger in a large bowl; mix in dryingredients. Toss raspberries with remaining1 tablespoon flour in a small bowl; gently fold into batter.
- ☐ Divide batter among muffin cups and bake until atester inserted into center comes out clean, 25–30minutes.
- ☐ Let cool 5 minutes in pan before serving.
- ☐ DO AHEAD: Muffins can be made 1 day ahead.Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.9743478686913%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–

gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 207.59kcal (10.38%), Fat: 9g (13.85%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.79g (10.47%), Sugar: 19.47g (21.63%), Cholesterol: 37.06mg (12.35%), Sodium: 166mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Fiber: 2.51g (10.02%), Calcium: 75.51mg (7.55%), Manganese: 0.11mg (5.72%), Vitamin A: 280.28IU (5.61%), Iron: 0.91mg (5.05%), Vitamin C: 3.93mg (4.76%), Phosphorus: 36.83mg (3.68%), Vitamin E: 0.4mg (2.66%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.04mg (2.47%), Vitamin D: 0.34µg (2.25%), Potassium: 70.42mg (2.01%), Vitamin B5: 0.19mg (1.86%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.88µg (1.79%), Magnesium: 7mg (1.75%), Vitamin B6: 0.03mg (1.47%), Folate: 5.58µg (1.39%), Copper: 0.03mg (1.34%), Zinc: 0.17mg (1.15%)