



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 teaspoon ginger finely grated peeled
- 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 nonstick spray.

Whisk baking powder, salt, and 1 1/2 cups flour in a medium bowl.

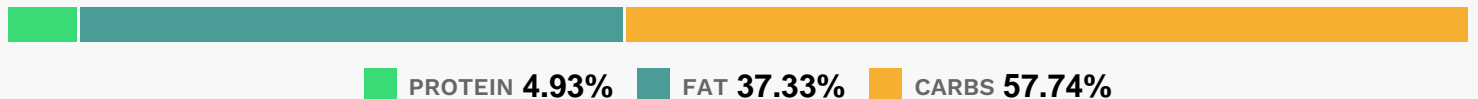
Whisk egg, brown sugar, butter, milk, and ginger in a large bowl; mix in dry ingredients. Toss raspberries with remaining 1 tablespoon flour in a small bowl; gently fold into batter.

Divide batter among muffin cups and bake until a tester inserted into center comes out clean, 25–30 minutes.

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:14.25, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.9808695705041%

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 Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 207.72kcal (10.39%), Fat: 9g (13.85%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 28.82g (10.48%), Sugar: 19.47g (21.63%), Cholesterol: 37.06mg (12.35%), Sodium: 166.02mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Fiber: 2.51g (10.04%), Calcium: 75.54mg (7.55%), Manganese: 0.11mg (5.74%), Vitamin A: 280.28IU (5.61%), Iron: 0.91mg (5.05%), Vitamin C: 3.94mg (4.77%), Phosphorus: 36.88mg (3.69%), Vitamin E: 0.4mg (2.66%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.04mg (2.47%), Vitamin D: 0.34µg (2.25%), Potassium: 71.1mg (2.03%), Vitamin B5: 0.19mg (1.86%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.88µg (1.79%), Magnesium: 7.07mg (1.77%), Vitamin B6: 0.03mg (1.48%), Folate: 5.59µg (1.4%), Copper: 0.03mg (1.36%), Zinc: 0.17mg (1.16%)