

## Golden Raisin-Rosemary Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter cut into small pieces
- ☐ 1 teaspoon rosemary dried
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.8 cup milk 1% low-fat
- ☐ 12 servings try build-a-meal

- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 tablespoon sugar

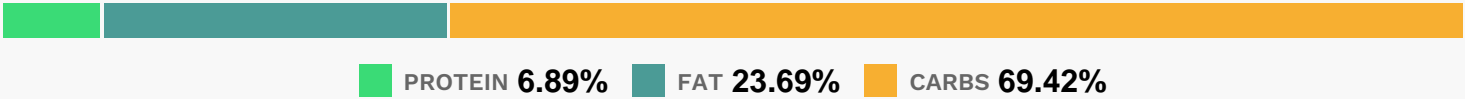
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ ziploc bags
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 350
- ☐ Combine first 3 ingredients in a 2-cup glass measure. Microwave at high 2 minutes; let stand 2 minutes.
- ☐ Add butter, stirring until melted. Cool to room temperature. Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, 2/3 cup sugar, baking powder, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine milk mixture and egg, and add to flour mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle 1 tablespoon sugar evenly over muffins.
- ☐ Bake at 350 for 20 minutes or until the muffins spring back when lightly touched in center.
- ☐ Remove the muffins from the pan immediately, and place on a wire rack. Note: Store the remaining muffins in a heavy-duty zip-top plastic bag in the freezer for up to 2 months. Thaw at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:40.32, Glycemic Load:19.84, Inflammation Score:-2, Nutrition Score:4.2656521894362%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 171.58kcal (8.58%), Fat: 4.62g (7.11%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.57g (10.75%), Sugar: 16.47g (18.29%), Cholesterol: 26.41mg (8.8%), Sodium: 162.36mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Selenium: 7.56µg (10.8%), Manganese: 0.19mg (9.73%), Vitamin B1: 0.14mg (9.1%), Vitamin B2: 0.14mg (7.96%), Folate: 31.35µg (7.84%), Phosphorus: 69.33mg (6.93%), Calcium: 67.59mg (6.76%), Iron: 1.05mg (5.85%), Vitamin B3: 1.07mg (5.34%), Fiber: 0.89g (3.58%), Vitamin A: 169.96IU (3.4%), Potassium: 99.89mg (2.85%), Copper: 0.06mg (2.78%), Magnesium: 10.6mg (2.65%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.14µg (2.25%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.31mg (2.05%), Vitamin D: 0.25µg (1.64%), Vitamin E: 0.19mg (1.25%)