



High Rising Sour Cream Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12.5 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 4 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 4 oz butter unsalted softened (1 stick)
- ☐ 1 teaspoon vanilla

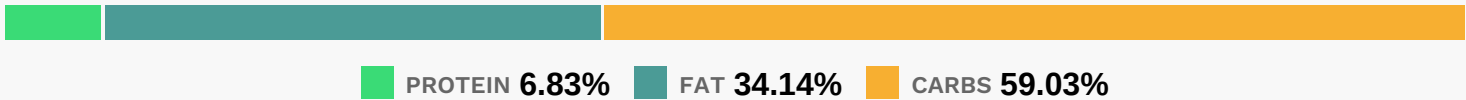
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 450 degrees F. If you're using a dark (darker than silver) muffin pan, use 400 degrees F. Grease 24 muffin cups or line with paper liners. Beat butter and sugar with an electric mixer until light and creamy. Beat in vanilla, eggs, salt and baking soda. Fold in the sour cream, then fold in the flour and any add-ins you choose (see below). Divide batter evenly between the muffin cups and bake for 15 minutes at 450F or about 23 minutes at 400F.
- ☐ Remove from oven, let cool.
- ☐ Remove from pans. Make 24

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:16.88, Inflammation Score:-2, Nutrition Score:3.2417391454396%

Nutrients (% of daily need)

Calories: 162.38kcal (8.12%), Fat: 6.2g (9.54%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 23.74g (8.63%), Sugar: 12.81g (14.24%), Cholesterol: 45.4mg (15.13%), Sodium: 109.06mg (4.74%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.79g (5.58%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.12mg (8.06%), Folate: 31.51µg (7.88%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.1mg (5.25%), Iron: 0.84mg (4.69%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 207.85IU (4.16%), Phosphorus: 39.05mg (3.91%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.1µg (1.62%), Zinc: 0.24mg (1.6%), Fiber: 0.4g (1.59%), Vitamin D: 0.24µg (1.58%), Vitamin E: 0.23mg (1.56%), Calcium: 15.45mg (1.54%), Copper: 0.03mg (1.52%), Magnesium: 5.08mg (1.27%), Vitamin B6: 0.02mg (1.19%), Potassium: 37.92mg (1.08%)