



Honey and Toasted Pistachio Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flaxseed meal
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.3 cup golden raisins

- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons pistachios finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 4.8 ounces flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups level with a knife.
- ☐ Combine flours and next 5 ingredients (through allspice) in a medium bowl, and stir well with a whisk. Make a well in center of mixture.
- ☐ Combine buttermilk, sugar, canola oil, and eggs; add to flour mixture, stirring just until moist. Stir in 1/4 cup golden raisins. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with pistachios.
- ☐ Bake at 350 for 15 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; cool on a wire rack.
- ☐ Drizzle honey evenly over tops of the muffins.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:9.05, Inflammation Score:-3, Nutrition Score:7.9073914056239%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 204.89kcal (10.24%), Fat: 6.45g (9.93%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 30.28g (11.01%), Sugar: 14.84g (16.48%), Cholesterol: 33.2mg (11.07%), Sodium: 175.6mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Manganese: 0.66mg (32.83%), Selenium: 14.98µg (21.39%), Vitamin B1: 0.22mg (14.92%), Phosphorus: 119.68mg (11.97%), Fiber: 2.73g (10.91%), Magnesium: 38.07mg (9.52%), Vitamin B2: 0.16mg (9.35%), Folate: 33.44µg (8.36%), Iron: 1.45mg (8.05%), Copper: 0.15mg (7.71%), Vitamin B3: 1.38mg (6.92%), Vitamin B6: 0.13mg (6.69%), Calcium: 53.16mg (5.32%), Zinc: 0.76mg (5.04%), Potassium: 173.77mg (4.96%), Vitamin E: 0.65mg (4.35%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.17µg (2.77%), Vitamin K: 2.24µg (2.14%), Vitamin A: 86.92IU (1.74%)