



Indian Spiced Mini Doughnut Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



24

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 cup butter
- 0.5 cup butter melted
- 1 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon garam masala
- 0.3 teaspoon ground cardamom
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.5 cup milk
- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 cup sugar

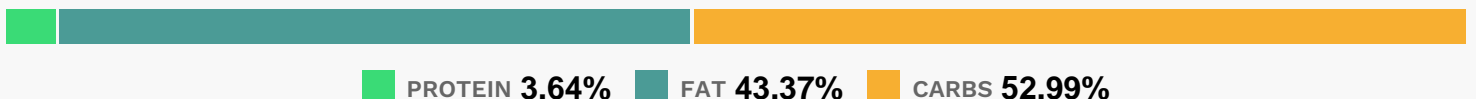
Equipment

- bowl
- frying pan
- oven
- hand mixer
- ziploc bags
- muffin liners

Directions

- Heat oven to 350 F. Grease 24 mini muffin cups.
- In large bowl, beat 1/3 cup butter, 1/2 cup sugar and the egg with electric mixer on medium speed until blended. In medium bowl, mix flour, baking powder, salt, nutmeg and ginger.
- Add alternately with milk to butter mixture. Divide batter evenly among muffin cups.
- Bake 15 to 18 minutes or until light golden brown. Cool 5 minutes.
- Remove from pan.
- In large food-storage plastic bag, mix 1 cup sugar, the cinnamon, garam masala and cardamom.
- Roll hot muffins in melted butter, then toss in sugar mixture to coat.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:13.2, Inflammation Score:-2, Nutrition Score:1.9121738961371%

Nutrients (% of daily need)

Calories: 139.66kcal (6.98%), Fat: 6.87g (10.56%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 18.59g (6.76%), Sugar: 12.76g (14.18%), Cholesterol: 24.38mg (8.13%), Sodium: 130.52mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Selenium: 3.48µg (4.97%), Vitamin B1: 0.07mg (4.36%), Vitamin A: 215.38IU (4.31%), Manganese: 0.08mg (4.13%), Folate: 15.42µg (3.85%), Vitamin B2: 0.06mg (3.48%), Calcium: 26.16mg (2.62%), Phosphorus: 24.74mg (2.47%), Iron: 0.44mg (2.47%), Vitamin B3: 0.47mg (2.37%), Vitamin E: 0.21mg (1.41%), Fiber: 0.28g (1.14%)