



Jeweled Pancake Muffins - Puffins

READY IN



30 min.

SERVINGS



24

CALORIES



57 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bread flour
- ☐ 2 tablespoons butter melted
- ☐ 0.7 cup buttermilk
- ☐ 1 eggs beaten
- ☐ 0.5 cup candy-coated peanut butter pieces pieces® such as Reese's
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar white

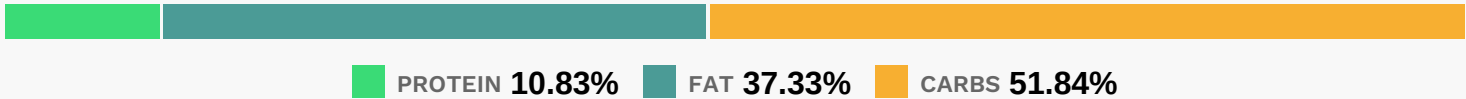
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 24 mini-muffin cups.
- ☐ Whisk flour, sugar, baking powder, baking soda, and salt together in a bowl.
- ☐ Stir buttermilk, egg, syrup, and butter together in a separate large bowl until just combined; add flour mixture and stir with a spoon until just combined and no lumps remain. Fold peanut butter pieces into the mixture; spoon into the prepared muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 9 to 12 minutes. Cool in the pans for 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.09, Glycemic Load:4.45, Inflammation Score:-1, Nutrition Score:1.333913045085%

Nutrients (% of daily need)

Calories: 57.33kcal (2.87%), Fat: 2.4g (3.7%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.43g (3.81%), Cholesterol: 10.06mg (3.35%), Sodium: 89.51mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Manganese: 0.09mg (4.26%), Selenium: 2.93µg (4.18%), Phosphorus: 26.39mg (2.64%), Calcium: 22.28mg (2.23%), Vitamin B2: 0.03mg (1.89%), Vitamin B3: 0.3mg (1.49%), Copper: 0.03mg (1.43%), Magnesium: 5.7mg (1.43%), Folate: 5.1µg (1.28%), Vitamin B5: 0.1mg (1.01%), Vitamin B1: 0.02mg (1.01%)