

Linzer Muffins

 Vegetarian

READY IN



1500 min.

SERVINGS



12

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup raspberry jam seedless
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted cooled melted
- ☐ 1 cup almonds whole cooled toasted
- ☐ 1 cup milk whole

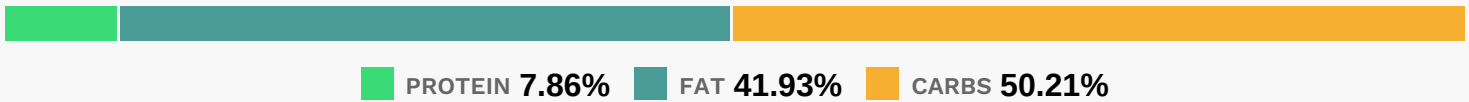
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Grease muffin cups.
- ☐ Grind almonds with sugar and zest in a food processor until almonds are finely ground.
- ☐ Whisk together flour, almond mixture, baking powder, salt, and cinnamon in a large bowl.
- ☐ Whisk together milk, butter, egg, and almond extract in a small bowl, then stir into dry ingredients until combined.
- ☐ Put a scant 1/4 cup batter into each muffin cup. Top each with 1 rounded teaspoon jam. Divide remaining batter among cups.
- ☐ Bake until golden and muffins pull away from edges of cups, about 20 minutes. Cool in pan on a rack 5 to 10 minutes, then turn out onto rack. Dust with confectioners sugar before serving.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:21.51, Inflammation Score:-4, Nutrition Score:7.7052173899568%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 269.22kcal (13.46%), Fat: 12.87g (19.8%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 32.63g (11.86%), Sugar: 18.62g (20.69%), Cholesterol: 32.99mg (11%), Sodium: 185.57mg (8.07%), Alcohol: 0.01g (100%), Alcohol %: 0.02% (100%), Protein: 5.43g (10.86%), Vitamin E: 3.29mg (21.93%), Manganese: 0.39mg (19.65%), Vitamin B2: 0.27mg (16.01%), Phosphorus: 121.1mg (12.11%), Selenium: 7.79µg (11.13%), Vitamin B1: 0.16mg (10.8%), Calcium: 105.2mg (10.52%), Magnesium: 39.3mg (9.82%), Folate: 37.06µg (9.26%), Fiber: 2.05g (8.19%), Copper: 0.16mg (8.01%), Iron: 1.37mg (7.62%), Vitamin B3: 1.39mg (6.93%), Vitamin A: 230.65IU (4.61%), Potassium: 150.05mg (4.29%), Zinc: 0.63mg (4.22%), Vitamin D: 0.41µg (2.75%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.05mg (2.25%), Vitamin C: 0.94mg (1.14%)