



Low-Fat Strawberry-Cinnamon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 0.7 cup vanilla yogurt fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons milk 1% low-fat

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup strawberry jam
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

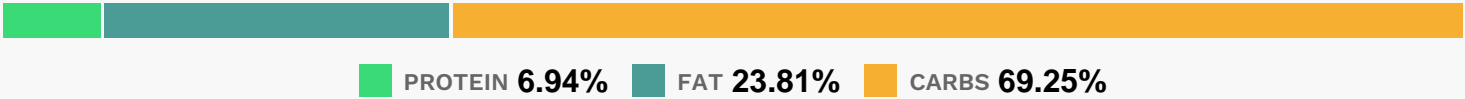
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and the next 4 ingredients (flour through salt) in a large bowl, stirring well with a whisk. Make a well in center of flour mixture.
- ☐ Combine yogurt, butter, milk, and egg in a bowl, stirring well with a whisk.
- ☐ Add yogurt mixture to flour mixture, stirring just until moist.
- ☐ Place 12 foil cup liners in muffin cups; coat liners with cooking spray. Spoon 1 tablespoon batter into each liner. Top each with 1 teaspoon jam. Top evenly with the remaining batter.
- ☐ Combine 1 tablespoon sugar and 1/2 teaspoon cinnamon; sprinkle over batter.
- ☐ Bake at 375 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 15 minutes.
- ☐ Remove from pan; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:18, Inflammation Score:-2, Nutrition Score:3.9356521886328%

Nutrients (% of daily need)

Calories: 167.97kcal (8.4%), Fat: 4.49g (6.9%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 28.71g (10.44%), Sugar: 15.59g (17.32%), Cholesterol: 26.13mg (8.71%), Sodium: 185.16mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 7.73µg (11.04%), Vitamin B1: 0.13mg (8.89%), Calcium: 84.24mg (8.42%), Folate: 32.79µg (8.2%), Manganese: 0.16mg (7.98%), Vitamin B2: 0.13mg (7.93%), Phosphorus: 66.08mg (6.61%), Iron: 0.96mg (5.34%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 150.4IU (3.01%), Fiber: 0.63g (2.54%), Vitamin B12: 0.13µg (2.2%), Zinc: 0.29mg (1.96%), Potassium: 62.87mg (1.8%), Magnesium: 7.18mg (1.8%), Copper: 0.04mg (1.79%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.19mg (1.24%), Vitamin B6: 0.02mg (1.18%)