



Mango-Cardamom Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.8 cup buttermilk low-fat
- ☐ 1 cup mangos ripe peeled chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup stick margarine melted

- ☐ 0.7 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

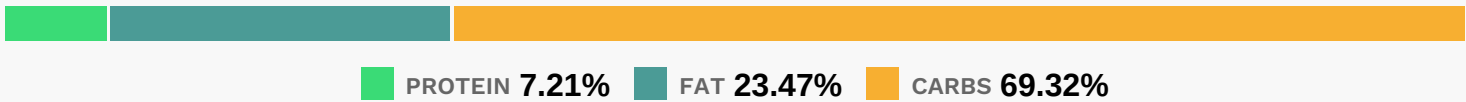
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through cardamom) in a medium bowl; make a well in center of mixture. Stir in mango.
- ☐ Combine buttermilk, butter, vanilla, and egg; add to flour mixture, stirring just until moist (batter will be stiff).
- ☐ Spoon batter into 12 muffin cups coated with cooking spray; sprinkle evenly with 2 tablespoons sugar.
- ☐ Bake at 400 for 23 minutes or until the muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:21.78, Inflammation Score:-4, Nutrition Score:4.9304347737976%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.4kcal (9.17%), Fat: 4.83g (7.42%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 31.27g (11.37%), Sugar: 15.8g (17.56%), Cholesterol: 16.1mg (5.37%), Sodium: 265.68mg (11.55%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.34g (6.67%), Selenium: 8.8µg (12.58%), Folate: 46.8µg (11.7%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.16mg (9.12%), Manganese: 0.17mg (8.27%), Vitamin A: 354.63IU (7.09%), Vitamin B3: 1.34mg (6.68%), Calcium: 65.41mg (6.54%), Iron: 1.16mg (6.42%), Vitamin C: 5.17mg (6.27%), Phosphorus: 61.86mg (6.19%), Fiber: 0.8g (3.18%), Copper: 0.05mg (2.57%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.34mg (2.27%), Potassium: 77.24mg (2.21%), Magnesium: 8.57mg (2.14%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.28mg (1.87%), Vitamin B12: 0.08µg (1.25%)