



Mini Ginger Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup buttermilk mixed with lemon juice
- ☐ 2 large eggs
- ☐ 8 ounces flour all-purpose
- ☐ 1 teaspoon ginger
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup full molasses flavored
- ☐ 0.5 teaspoon nutmeg freshly ground

- ☐ 0.3 teaspoon salt salted plus a pinch (omit if using butter)
- ☐ 4 ounces butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 tablespoon water hot

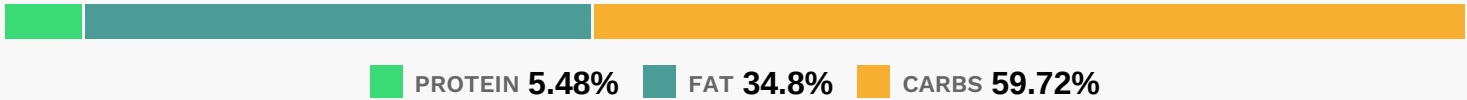
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup
- ☐ mini muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F. Spray a 36 hole mini muffin pan with cooking spray. Most pans have 24 holes, so you can bake 24 first and then bake 12 later or spray two pans.
- ☐ Mix the flour, ginger and nutmeg together and set aside.In a mixing bowl, beat the butter, salt and sugar until creamy. Beat in the vanilla, then beat in the eggs.In a liquid measuring cup, mix the molasses, water and buttermilk. Now add the baking soda and stir well – the liquid mixture should foam a little bit and lighten as the baking soda reacts. It might take a minute or two.With a heavy duty spatula or mixing spoon, add the flour mixture and milk mixture to the batter alternately, stirring until blended.
- ☐ Pour or spoon batter into muffin cups (it should come a little over halfway full) and bake at 375 F for 8 to 10 minute or until muffins are set and a toothpick inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:6.96, Inflammation Score:-1, Nutrition Score:2.0408695618743%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.1kcal (3.76%), Fat: 2.94g (4.52%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 11.17g (4.06%), Sugar: 6.4g (7.11%), Cholesterol: 17.18mg (5.73%), Sodium: 36.86mg (1.6%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 1.04g (2.08%), Manganese: 0.12mg (5.85%), Selenium: 3.87µg (5.54%), Vitamin B1: 0.05mg (3.57%), Folate: 13.63µg (3.41%), Magnesium: 13.4mg (3.35%), Iron: 0.57mg (3.15%), Vitamin B2: 0.05mg (2.71%), Potassium: 83.63mg (2.39%), Vitamin B3: 0.42mg (2.11%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 94.82IU (1.9%), Copper: 0.04mg (1.78%), Vitamin C: 1.32mg (1.59%), Phosphorus: 14.87mg (1.49%), Calcium: 13.16mg (1.32%), Vitamin B5: 0.12mg (1.16%)