



Mix-In Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted 1 stick

☐ 1 teaspoon vanilla

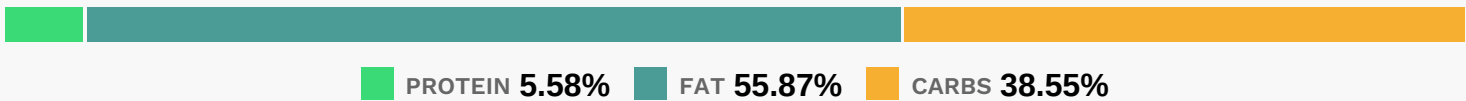
Equipment

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

Directions

- ☐ Preheat oven to 400 degrees F and line 12 (1/3-cup) muffin cups with paper liners.
- ☐ Into a bowl, sift together flour, sugar, baking powder, baking soda, and salt. Melt butter and in a small bowl whisk together with sour cream, egg, and vanilla. Stir butter mixture (and additional ingredients; *see note, below) into flour mixture until just combined. Divide the batter among muffin cups (this batter is thick and will not run easily like other muffin batters) and bake in middle of oven until golden and a tester comes out clean, about 20 minutes.
- ☐ Becoming a muffin master is easy. *Flavor the basic muffin batter below by adding, for example: 1 chopped banana and 3/4 cup semisweet chocolate chips; or 1 cup toasted almonds, 3/4 cup dried cranberries, and 1/4 teaspoon almond extract; or 1 cup chopped drained canned pineapple and 1 cup sweetened flaked coconut; or 1 cup chopped dried apricots and 1 tablespoon poppy seeds.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:12.63, Inflammation Score:-3, Nutrition Score:3.7421739211549%

Nutrients (% of daily need)

Calories: 191.21kcal (9.56%), Fat: 11.96g (18.4%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 18.14g (6.6%), Sugar: 6.3g (7%), Cholesterol: 47.14mg (15.71%), Sodium: 137.54mg (5.98%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Protein: 2.69g (5.37%), Selenium: 7.41µg (10.59%), Vitamin B1: 0.13mg (8.58%), Folate: 31.99µg (8%), Vitamin B2: 0.13mg (7.82%), Vitamin A: 378.27IU (7.57%), Calcium: 55.81mg (5.58%), Manganese: 0.11mg (5.57%), Phosphorus: 52.94mg (5.29%), Iron: 0.87mg (4.84%), Vitamin B3: 0.95mg (4.74%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.21mg (2.07%), Fiber: 0.42g (1.69%), Zinc: 0.24mg (1.57%), Vitamin B12:

0.09µg (1.56%), Copper: 0.03mg (1.56%), Magnesium: 6.22mg (1.55%), Vitamin D: 0.23µg (1.5%), Potassium:
49.41mg (1.41%), Vitamin B6: 0.02mg (1.11%)