



Muffin Top Cookies

READY IN



35 min.

SERVINGS



20

CALORIES



160 kcal

DESSERT

Ingredients

- 0.8 cup almonds sliced
- 2 teaspoons double-acting baking powder
- 1 eggs
- 1.7 cups flour all-purpose
- 0.5 cup milk
- 0.8 cup extra sugar to coat cookies prior to baking white
- 0.5 teaspoon salt
- 1 teaspoon shortening
- 0.8 cup sugar

0.3 cup vegetable oil

Equipment

bowl

baking sheet

oven

wire rack

microwave

Directions

Heat oven to 400 F. In medium bowl, beat milk, oil and egg with fork. Stir in flour, sugar, baking powder and salt just until moistened. Stir in 1/2 cup of the baking chips and 1/2 cup of the almonds.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.

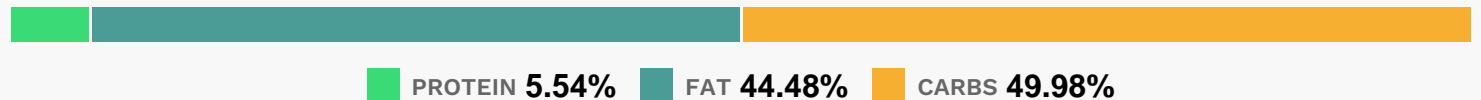
Bake 7 to 9 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet to wire rack.

Place remaining 1/4 cup baking chips and 1 teaspoon shortening in microwavable bowl. Microwave uncovered on Medium-High (70%) about 1 minute 30 seconds, stirring every 30 seconds, until chips can be stirred smooth.

Drizzle over warm muffin tops.

Sprinkle with remaining 1/4 cup almonds, pressing slightly into melted chips.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:11.23, Inflammation Score:-1, Nutrition Score:3.6021739140801%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin:

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 159.58kcal (7.98%), Fat: 8.16g (12.55%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 19.46g (7.08%), Sugar: 7.96g (8.85%), Cholesterol: 8.92mg (2.97%), Sodium: 106.31mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin E: 1.23mg (8.19%), Manganese: 0.15mg (7.56%), Vitamin K: 6.87µg (6.54%), Vitamin B2: 0.11mg (6.51%), Selenium: 4.51µg (6.44%), Vitamin B1: 0.09mg (6.21%), Iron: 1.02mg (5.68%), Folate: 21.61µg (5.4%), Phosphorus: 47.13mg (4.71%), Fiber: 1.17g (4.66%), Calcium: 43.2mg (4.32%), Vitamin B3: 0.75mg (3.74%), Magnesium: 12.71mg (3.18%), Copper: 0.05mg (2.64%), Zinc: 0.23mg (1.57%), Potassium: 48.86mg (1.4%), Vitamin B5: 0.12mg (1.2%)