



My Mom's Muffin Doughnuts

READY IN



45 min.

SERVINGS



12

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter divided
- ☐ 2 teaspoons cinnamon
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup semi-sweet chocolate chips
- ☐ 1.5 cup sugar divided

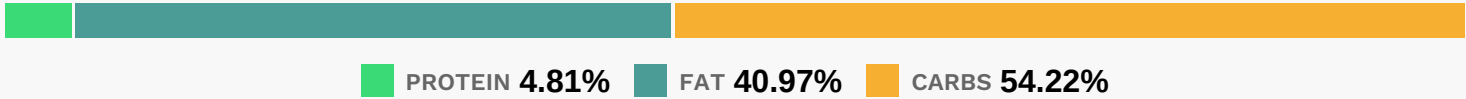
Equipment

- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Combine flour, salt, baking powder, nutmeg, 1/2 teaspoon butter, 1/2 cup sugar, egg and milk. Fold in chocolate chips and pecans. Fill greased muffin cups 2/3 full.
- ☐ Bake at 350 degrees for 20 minutes.
- ☐ Remove immediately from pan. Melt the remaining butter; roll muffins in butter.
- ☐ Combine remaining sugar and cinnamon; roll muffins in mixture.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:29.52, Inflammation Score:-4, Nutrition Score:7.4139130407053%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 350.79kcal (17.54%), Fat: 16.29g (25.06%), Saturated Fat: 8.01g (50.03%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 46.42g (16.88%), Sugar: 29.99g (33.32%), Cholesterol: 36.46mg (12.15%), Sodium: 276.52mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 4.3g (8.6%), Manganese: 0.56mg (27.75%), Selenium: 9.83µg (14.04%), Vitamin B1: 0.21mg (13.86%), Copper: 0.23mg (11.39%),

Phosphorus: 110.75mg (11.08%), Iron: 1.99mg (11.07%), Folate: 41.21µg (10.3%), Calcium: 98.73mg (9.87%), Vitamin B2: 0.16mg (9.42%), Fiber: 2.07g (8.28%), Magnesium: 32.41mg (8.1%), Vitamin B3: 1.4mg (7.02%), Vitamin A: 289.95IU (5.8%), Zinc: 0.77mg (5.14%), Potassium: 135.58mg (3.87%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.15µg (2.51%), Vitamin B6: 0.04mg (1.95%), Vitamin K: 1.83µg (1.74%), Vitamin D: 0.24µg (1.61%)