



Peanut Butter-and-Honey Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup brown sugar packed
- 0.5 cup creamy peanut butter
- 1 large eggs lightly beaten
- 2 large egg whites lightly beaten
- 1.5 cups milk fat-free
- 1.3 cups flour all-purpose
- 1 tablespoon granulated sugar

- 0.7 cup honey
- 0.8 teaspoon salt
- 1 cup flour whole-wheat

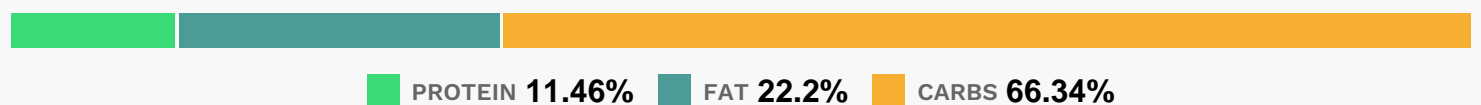
Equipment

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

Directions

- Preheat oven to 40
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, baking powder, and salt in a bowl; make a well in center of mixture.
- Combine brown sugar, honey, and peanut butter in a bowl; stir well with a whisk.
- Add milk, egg whites, and egg to honey mixture; stir well.
- Add honey mixture to flour mixture; stir just until moist. Spoon batter into 16 muffin cups coated with cooking spray.
- Sprinkle granulated sugar evenly over tops.
- Bake at 400 for 18 minutes or until muffins spring back when touched lightly in center.
- Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:21.04, Glycemic Load:12.74, Inflammation Score:-2, Nutrition Score:6.4721740037203%

Nutrients (% of daily need)

Calories: 182.89kcal (9.14%), Fat: 4.73g (7.27%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 30.31g (11.02%), Sugar: 17.78g (19.76%), Cholesterol: 12.31mg (4.1%), Sodium: 245.68mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Manganese: 0.51mg (25.29%), Selenium: 10.68µg (15.26%), Phosphorus: 113.17mg (11.32%), Vitamin B3: 2.08mg (10.38%), Vitamin B1: 0.14mg (9.31%), Calcium: 88.17mg (8.82%), Vitamin B2: 0.14mg (8.47%), Folate: 30.51µg (7.63%), Magnesium: 30.43mg (7.61%), Iron: 1.09mg (6.05%), Fiber: 1.48g (5.93%), Vitamin E: 0.83mg (5.51%), Vitamin B6: 0.09mg (4.71%), Copper: 0.09mg (4.46%), Zinc: 0.65mg (4.3%), Potassium: 144.65mg (4.13%), Vitamin B5: 0.33mg (3.25%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.32µg (2.1%), Vitamin A: 64.41IU (1.29%)