



Peanut Butter and Jelly Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.3 cup egg substitute
- ☐ 1.3 cups milk fat-free
- ☐ 4.5 ounces flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup strawberry jam
- ☐ 1 teaspoon vanilla extract
- ☐ 3.5 ounces flour whole wheat

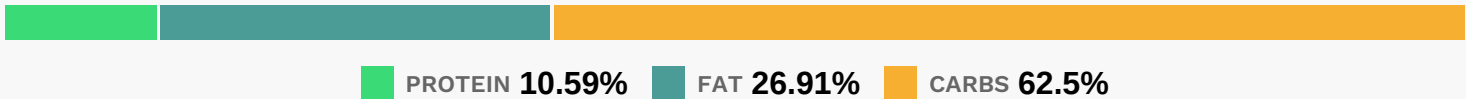
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ 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, sugars, baking powder, and salt in a large bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine milk and next 4 ingredients (through vanilla); add to flour mixture, stirring just until moist.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray. Fill each cup half full with batter. Spoon 1 teaspoon jam into each cup. Spoon remaining batter on top to cover jam.
- ☐ Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Let cool in pan 5 minutes.
- ☐ Remove from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.45, Glycemic Load:12.26, Inflammation Score:-3, Nutrition Score:6.9282608420953%

Nutrients (% of daily need)

Calories: 192.04kcal (9.6%), Fat: 5.9g (9.08%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 29.26g (10.64%), Sugar: 14.29g (15.87%), Cholesterol: 5.78mg (1.93%), Sodium: 273.06mg (11.87%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 5.23g (10.46%), Manganese: 0.52mg (26.1%), Selenium: 11.83µg (16.9%), Phosphorus: 120.22mg (12.02%), Calcium: 109.93mg (10.99%), Vitamin B1: 0.16mg (10.43%), Vitamin B3: 2.04mg (10.19%), Vitamin B2: 0.14mg (8.23%), Folate: 31.46µg (7.87%), Magnesium: 30.65mg (7.66%), Iron: 1.2mg (6.64%), Fiber: 1.6g (6.38%), Vitamin E: 0.86mg (5.73%), Vitamin B6: 0.1mg (4.75%), Copper: 0.09mg (4.54%), Zinc: 0.64mg (4.29%), Potassium: 147.99mg (4.23%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.17µg (2.82%), Vitamin A: 122.37IU (2.45%), Vitamin D: 0.36µg (2.4%)