

## Peanut Butter Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups baking mix
- 2 eggs
- 3 tablespoons jam
- 1 cup milk
- 0.3 cup peanut butter
- 0.3 cup sugar

### Equipment

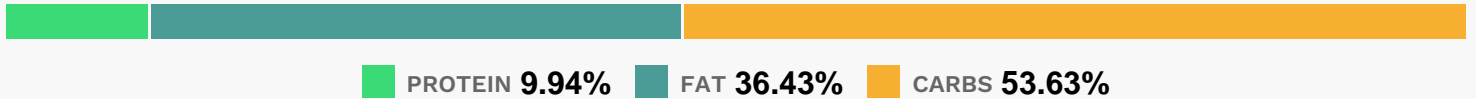
- bowl

- frying pan
- oven
- wire rack
- muffin liners

## Directions

- In a large bowl, beat eggs, sugar, milk and peanut butter until smooth. Stir in baking mix. Fill greased or paper-lined muffin cups two-thirds full. Top each with 1/2 teaspoon jam.
- Bake at 375° for 15–20 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:14.76, Glycemic Load:6.24, Inflammation Score:-2, Nutrition Score:5.0478261242742%

## Nutrients (% of daily need)

Calories: 175.66kcal (8.78%), Fat: 7.2g (11.07%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 23.11g (8.4%), Sugar: 11.87g (13.19%), Cholesterol: 30.12mg (10.04%), Sodium: 298.05mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Phosphorus: 171.23mg (17.12%), Vitamin B2: 0.16mg (9.65%), Vitamin B1: 0.14mg (9.17%), Folate: 33.62µg (8.4%), Vitamin B3: 1.65mg (8.26%), Manganese: 0.15mg (7.59%), Calcium: 68.61mg (6.86%), Selenium: 4.49µg (6.42%), Iron: 0.8mg (4.46%), Magnesium: 17.6mg (4.4%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.25µg (4.22%), Vitamin E: 0.61mg (4.06%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (3.21%), Potassium: 107.5mg (3.07%), Fiber: 0.73g (2.93%), Zinc: 0.44mg (2.92%), Vitamin D: 0.37µg (2.47%), Vitamin A: 73.34IU (1.47%), Vitamin K: 1.4µg (1.33%)