



Pear-Almond Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 8.6 ounces baking and pancake mix gluten-free (2 cups; such as Pamela's)
- ☐ 1.5 cups purée of usa bartlett pear ripe peeled chopped (2 medium)
- ☐ 2 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup slivered almonds
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons sugar

☐ 1 teaspoon vanilla extract

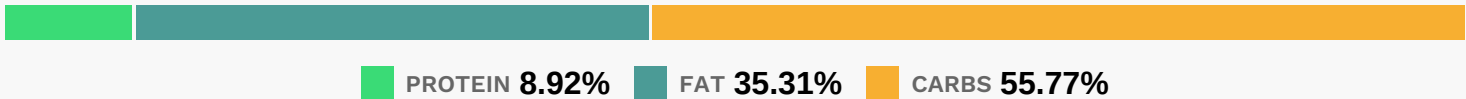
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ potato masher
- ☐ microwave
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 3 ingredients in a microwave-safe bowl. Microwave at HIGH 4 minutes or until pear is very tender. Mash pear with a potato masher until pureed. Cool slightly.
- ☐ While pear puree cools, weigh or lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Place almonds in a food processor; process 40 seconds or until finely ground.
- ☐ Combine baking mix, almonds, and 1/2 cup sugar in a medium bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine eggs, extracts, and pear puree, stirring well with a whisk.
- ☐ Add to almond mixture, stirring just until moist. Spoon batter evenly into 12 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 23 minutes or until muffins spring back when touched lightly in center.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:5.8660869235578%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 185.35kcal (9.27%), Fat: 7.35g (11.31%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.3g (8.84%), Sugar: 13.46g (14.96%), Cholesterol: 31.41mg (10.47%), Sodium: 271.47mg (11.8%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 4.18g (8.36%), Phosphorus: 169.88mg (16.99%), Vitamin E: 1.86mg (12.43%), Vitamin B2: 0.21mg (12.4%), Manganese: 0.23mg (11.69%), Vitamin B1: 0.14mg (9.1%), Folate: 33.58µg (8.4%), Fiber: 1.82g (7.27%), Magnesium: 25.49mg (6.37%), Selenium: 4.43µg (6.33%), Calcium: 60.99mg (6.1%), Copper: 0.12mg (6.08%), Vitamin B3: 1.21mg (6.03%), Iron: 1mg (5.55%), Vitamin B5: 0.35mg (3.48%), Potassium: 113.98mg (3.26%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.15µg (2.56%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 2.01µg (1.91%), Vitamin C: 1.31mg (1.59%), Vitamin D: 0.17µg (1.11%), Vitamin A: 50.86IU (1.02%)