



Pear and Ginger Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup brown sugar packed
- 1 eggs
- 1 teaspoon ginger grated
- 1 teaspoon ground cinnamon
- 0.7 cup milk
- 1 cup pears unpeeled chopped
- 2 tablespoons vegetable oil
- 2 cups baking mix bisquick heart smart®

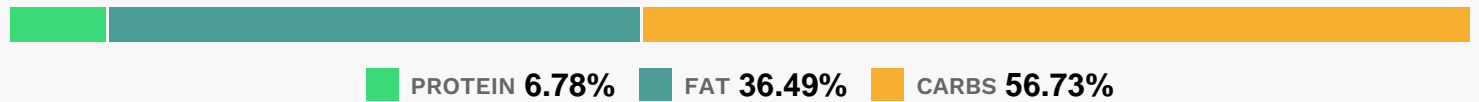
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 400F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In medium bowl, mix all ingredients except pear. Fold in pear. Divide batter evenly among muffin cups.
- Bake 17 to 20 minutes or until golden brown. Immediately remove from pan to wire rack.
- Serve warm, if desired.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:4.0217391356178%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 150.43kcal (7.52%), Fat: 6.15g (9.46%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.59g (7.49%), Sugar: 10.24g (11.38%), Cholesterol: 15.67mg (5.22%), Sodium: 267.44mg (11.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Phosphorus: 139.97mg (14%), Vitamin B1: 0.13mg (8.38%), Vitamin B2: 0.13mg (7.44%), Folate: 27.75µg (6.94%), Calcium: 62.5mg (6.25%), Vitamin K: 6.16µg (5.87%), Manganese: 0.11mg (5.47%), Vitamin B3: 0.96mg (4.79%), Selenium: 2.98µg (4.25%), Iron: 0.7mg (3.89%), Fiber: 0.93g (3.71%), Vitamin B12: 0.18µg (3.06%), Vitamin B5: 0.3mg (2.99%), Copper: 0.05mg (2.42%), Potassium: 83.09mg (2.37%), Magnesium: 8.73mg (2.18%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.83%), Zinc: 0.24mg (1.61%), Vitamin D: 0.22µg (1.48%)