



Pear and Walnut Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.7 cup brown sugar packed
- 2 tablespoons canola oil
- 1 large eggs
- 4.5 ounces flour all-purpose
- 1.5 cups pears diced peeled finely
- 0.5 teaspoon salt

- 3 tablespoons sugar
- 2 teaspoons vanilla extract
- 0.5 cup walnuts chopped
- 1.5 ounces flour whole wheat
- 8 ounce carton yogurt plain fat-free

Equipment

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

Directions

- Preheat oven to 400
- Place walnuts in a food processor; process until finely ground.
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours and next 3 ingredients (through salt) in a medium bowl; stir well with a whisk. Stir in ground walnuts. Make a well in center of mixture.
- Combine brown sugar and the next 4 ingredients (through egg) in a small bowl; add to the flour mixture, stirring just until moist. Fold in diced pear.
- Spoon batter into 15 muffin cups coated with cooking spray; sprinkle batter with turbinado sugar.
- Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- Remove from pans immediately.
- Place on a wire rack.

Serve either warm or at room temperature.

Nutrition Facts

PROTEIN 8.18% **FAT 28.33%** **CARBS 63.49%**

Properties

Glycemic Index:14.92, Glycemic Load:5.57, Inflammation Score:-2, Nutrition Score:4.518260822348%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 153.49kcal (7.67%), Fat: 4.93g (7.59%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 23.57g (8.57%), Sugar: 14.81g (16.46%), Cholesterol: 12.7mg (4.23%), Sodium: 176.1mg (7.66%), Alcohol: 0.18g (100%), Alcohol %: 0.36% (100%), Protein: 3.2g (6.4%), Manganese: 0.32mg (16.23%), Selenium: 6.53µg (9.33%), Phosphorus: 74.28mg (7.43%), Calcium: 71.48mg (7.15%), Vitamin B1: 0.1mg (6.99%), Vitamin B2: 0.11mg (6.34%), Folate: 25.24µg (6.31%), Copper: 0.11mg (5.45%), Fiber: 1.29g (5.18%), Iron: 0.83mg (4.64%), Magnesium: 17.42mg (4.35%), Vitamin B3: 0.75mg (3.73%), Potassium: 113.01mg (3.23%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.06mg (2.94%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.26µg (2.16%), Vitamin B12: 0.12µg (2.03%), Vitamin C: 0.88mg (1.07%)