



Pear-Ginger Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 12 oz but bosc pears diced firm cored ripe peeled
- ☐ 0.8 cup buttermilk
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ginger fresh grated

- ☐ 1 tablespoon ground ginger
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 1 teaspoon vanilla extract

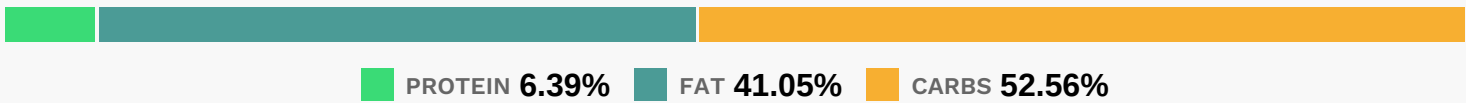
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Line a 12-cup muffin tin and 3 cups of a 6-cup muffin tin with paper liners.
- ☐ In a large bowl, whisk together flour, sugar, ground ginger, baking powder, baking soda and salt. In a medium bowl, whisk melted butter, eggs, buttermilk, vanilla and fresh ginger until blended.
- ☐ Pour into flour mixture and stir just until combined. Do not overmix. Fold in pears and pecans.
- ☐ Divide batter evenly among muffin cups.
- ☐ Bake until tops are golden and a toothpick inserted into a muffin comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:10.39, Glycemic Load:6.33, Inflammation Score:-2, Nutrition Score:3.3686956892843%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg 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: 128.03kcal (6.4%), Fat: 5.95g (9.15%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.21g (5.89%), Sugar: 8.24g (9.16%), Cholesterol: 25.3mg (8.43%), Sodium: 140.21mg (6.1%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 2.08g (4.17%), Manganese: 0.25mg (12.31%), Selenium: 5.22µg (7.46%), Vitamin B1: 0.1mg (6.66%), Folate: 22.22µg (5.55%), Vitamin B2: 0.09mg (5.21%), Phosphorus: 41.26mg (4.13%), Iron: 0.74mg (4.11%), Calcium: 40.43mg (4.04%), Fiber: 0.93g (3.73%), Vitamin B3: 0.68mg (3.39%), Copper: 0.06mg (3.09%), Vitamin A: 150.12IU (3%), Magnesium: 8.28mg (2.07%), Zinc: 0.28mg (1.84%), Potassium: 64.13mg (1.83%), Vitamin B5: 0.17mg (1.73%), Vitamin D: 0.24µg (1.61%), Vitamin E: 0.2mg (1.36%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.27%)