



## Pecan Pie Muffin Batter

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

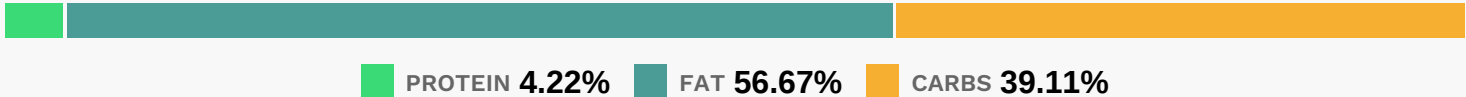
# Equipment

- ☐ oven
- ☐ mixing bowl

# Directions

- ☐ Combine first 5 ingredients in a large mixing bowl; make a well in center of mixture. Stir together butter, eggs, and vanilla; add to dry ingredients, and stir just until moistened.
- ☐ Pecan Pie Muffins: Spoon Pecan Pie Muffin Batter evenly into lightly greased miniature muffin pans, filling three-fourths full.
- ☐ Bake at 425 for 8 to 10 minutes. Makes 24 muffins.

# Nutrition Facts



# Properties

Glycemic Index:28.38, Glycemic Load:4.44, Inflammation Score:-4, Nutrition Score:6.4682608091313%

# Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

# Nutrients (% of daily need)

Calories: 348.26kcal (17.41%), Fat: 22.58g (34.74%), Saturated Fat: 8.54g (53.36%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 33.54g (12.2%), Sugar: 27.35g (30.39%), Cholesterol: 77mg (25.67%), Sodium: 216.05mg (9.39%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.79g (7.57%), Manganese: 0.69mg (34.44%), Selenium: 7.48µg (10.68%), Vitamin B1: 0.16mg (10.47%), Copper: 0.2mg (9.86%), Vitamin A: 429.68IU (8.59%), Phosphorus: 80.94mg (8.09%), Vitamin B2: 0.12mg (6.98%), Iron: 1.15mg (6.4%), Fiber: 1.52g (6.08%), Folate: 23.87µg (5.97%), Calcium: 58.73mg (5.87%), Zinc: 0.85mg (5.7%), Magnesium: 22.59mg (5.65%), Vitamin E: 0.66mg (4.37%), Vitamin B5: 0.4mg (3.96%), Potassium: 122.26mg (3.49%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.07mg (3.26%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.53µg (1.46%)