



Pina Colada Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 15 ounce pineapple crushed drained canned
- 0.5 cup coconut or flaked
- 1 eggs
- 1.5 cups flour all-purpose
- 0.3 cup butter
- 1 teaspoon rum extract flavored
- 0.5 teaspoon salt

1 cup cup heavy whipping cream sour

0.5 cup sugar white

Equipment

bowl

oven

muffin liners

muffin tray

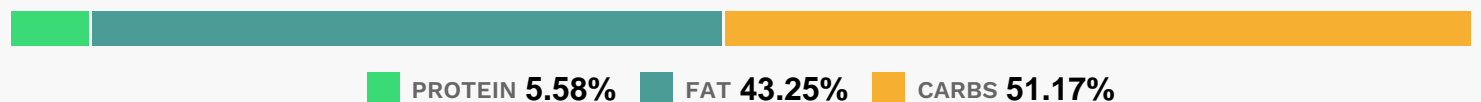
Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a muffin pan, or use paper liners.

In a large bowl, combine sugar, margarine, egg, sour cream and rum extract. Beat together until smooth. In a medium bowl, mix together flour, baking powder, baking soda and salt. Blend into egg mixture. Stir in pineapple and coconut. Divide batter into 12 muffin cups.

Bake in preheated oven for 20 to 25 minutes, or until the tops spring back when lightly tapped.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:14.53, Inflammation Score:-3, Nutrition Score:4.847391302171%

Nutrients (% of daily need)

Calories: 210.97kcal (10.55%), Fat: 10.38g (15.97%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 26.16g (9.51%), Sugar: 14.34g (15.93%), Cholesterol: 24.95mg (8.32%), Sodium: 235.63mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Selenium: 7.98µg (11.4%), Vitamin B1: 0.17mg (11.11%), Manganese: 0.21mg (10.38%), Folate: 33.6µg (8.4%), Vitamin B2: 0.14mg (8.26%), Vitamin A: 326.09IU (6.52%), Iron: 1.06mg (5.9%), Fiber: 1.46g (5.84%), Phosphorus: 56.87mg (5.69%), Vitamin B3: 1.07mg (5.33%), Calcium: 51.49mg (5.15%), Copper: 0.1mg (4.77%), Vitamin C: 3.57mg (4.32%), Magnesium: 14.53mg (3.63%), Potassium: 111.15mg (3.18%), Vitamin B6: 0.06mg (2.93%), Vitamin B5: 0.22mg (2.21%), Zinc: 0.33mg (2.18%), Vitamin E: 0.29mg (1.93%), Vitamin B12: 0.08µg (1.29%)