



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

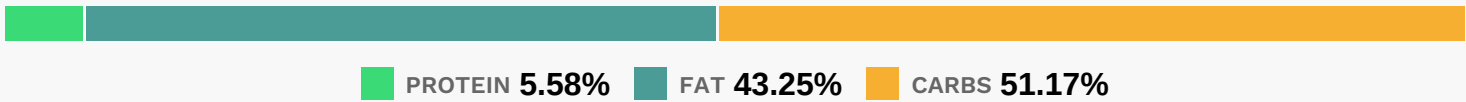
Equipment

- ☐ 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: Og (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%)