



Pineapple Breakfast Puffs

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening

☐ 1 cup sugar divided

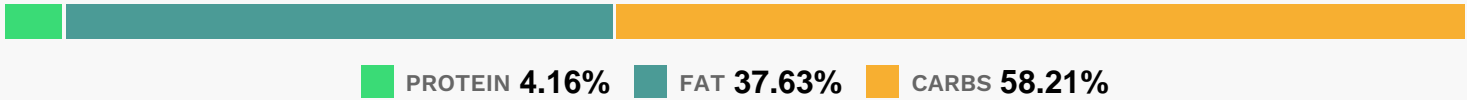
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat shortening and 1/2 cup sugar at medium speed with an electric mixer until creamy.
- ☐ Add egg, beating until blended.
- ☐ Combine flour, baking powder, and salt.
- ☐ Add to shortening mixture alternately with pineapple, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Spoon into greased muffin pans, filling two-thirds full.
- ☐ Bake at 350 for 25 minutes or until golden.
- ☐ Remove from pans immediately, and brush with melted butter. Stir together remaining 1/2 cup sugar and ground cinnamon; sprinkle over muffins.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:24.47, Inflammation Score:-3, Nutrition Score:4.3991304221361%

Nutrients (% of daily need)

Calories: 257.42kcal (12.87%), Fat: 10.97g (16.87%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 37.25g (13.55%), Sugar: 23.27g (25.85%), Cholesterol: 18.6mg (6.2%), Sodium: 227.68mg (9.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B1: 0.17mg (11.61%), Selenium: 8.11µg (11.59%), Folate: 37.85µg (9.46%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.13mg (7.39%), Iron: 1.12mg (6.22%), Vitamin B3: 1.18mg (5.89%), Calcium: 48.1mg (4.81%), Phosphorus: 45.98mg (4.6%), Vitamin E: 0.62mg (4.15%), Vitamin A: 189.16IU (3.78%), Vitamin K: 3.93µg (3.74%), Fiber: 0.91g (3.63%), Copper: 0.06mg (2.85%), Vitamin C: 2.15mg (2.6%), Magnesium: 8.54mg (2.13%), Vitamin B5: 0.21mg (2.09%), Vitamin B6: 0.03mg (1.73%), Potassium: 58.26mg (1.66%), Zinc: 0.22mg (1.5%)