

Pineapple Ricotta Muffins

READY IN



90 min.

SERVINGS



18

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 15 ounce pineapple unsweetened crushed drained canned
- 15 ounce ricotta cheese
- 0.3 cup vegetable oil plus more if needed
- 18.3 ounce cake mix white

Equipment

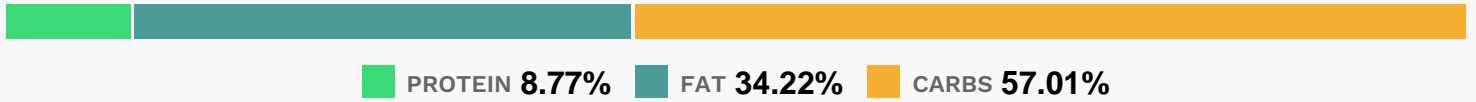
- bowl
- oven

- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Grease and flour 18 muffin cups, or line with cupcake liners.
- Crack the egg into a measuring cup, then pour enough vegetable oil to make 1/2 cup.
- Whisk the egg and oil together in a large bowl with the ricotta cheese until smooth. Stir in the pineapple, then add the white cake mix. Stir until just combined. Evenly distribute the batter into 18 muffin cups.
- Bake in the preheated oven until golden and the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:4.3747825985369%

Nutrients (% of daily need)

Calories: 192.47kcal (9.62%), Fat: 7.41g (11.41%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 27.17g (9.88%), Sugar: 15.54g (17.26%), Cholesterol: 21.14mg (7.05%), Sodium: 222.74mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Phosphorus: 140.69mg (14.07%), Calcium: 117mg (11.7%), Selenium: 6.74µg (9.63%), Vitamin B2: 0.12mg (7.33%), Vitamin K: 6.78µg (6.45%), Folate: 25.29µg (6.32%), Vitamin B1: 0.09mg (6.03%), Iron: 0.76mg (4.22%), Vitamin B3: 0.78mg (3.9%), Vitamin E: 0.55mg (3.69%), Zinc: 0.46mg (3.08%), Manganese: 0.06mg (3.05%), Copper: 0.06mg (2.76%), Vitamin C: 2.22mg (2.69%), Vitamin A: 130.14IU (2.6%), Fiber: 0.62g (2.49%), Magnesium: 9.6mg (2.4%), Potassium: 75.29mg (2.15%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.17mg (1.72%), Vitamin B12: 0.1µg (1.7%)