



## Pomegranate-Ginger Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 cup crystallized ginger minced
- 1 large eggs
- 2 cups flour all-purpose
- 1 teaspoon lemon zest grated
- 0.1 lb butter cooled melted
- 1 cup milk
- 1.3 cups pomegranate seeds
- 0.5 teaspoon salt

0.7 cup sugar

## Equipment

bowl

frying pan

oven

muffin liners

measuring cup

## Directions

In a bowl, mix flour, 2/3 cup sugar, baking powder, and salt. Stir in crystallized ginger, lemon peel, and pomegranate seeds. Make a well in the center.

In a measuring cup, blend milk, egg, and 1/4 cup butter.

Pour liquid all at once into well. Stir just until batter is moistened; it will be lumpy.

Spoon batter into 12 (2 1/2-in.-wide) or 24 (1 3/4-in.-wide) buttered muffin cups, filling each almost to the rim.

Sprinkle with 1 to 2 teaspoons sugar.

Bake in a 425 oven until lightly browned, about 16 minutes for large muffins, 13 minutes for small.

Remove muffins from pan at once.

Serve hot or set on a rack and serve warm or cool.

## Nutrition Facts



**PROTEIN 7.33%** **FAT 23.75%** **CARBS 68.92%**

## Properties

Glycemic Index:28.51, Glycemic Load:21.55, Inflammation Score:-3, Nutrition Score:5.3321738968725%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin:

0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 198.02kcal (9.9%), Fat: 5.29g (8.14%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 33.28g (12.1%), Sugar: 17.43g (19.37%), Cholesterol: 17.94mg (5.98%), Sodium: 262.73mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Selenium: 8.88µg (12.69%), Vitamin B1: 0.19mg (12.57%), Folate: 46.64µg (11.66%), Vitamin B2: 0.16mg (9.59%), Calcium: 92.75mg (9.27%), Manganese: 0.17mg (8.26%), Phosphorus: 80.45mg (8.05%), Iron: 1.21mg (6.72%), Vitamin B3: 1.31mg (6.53%), Fiber: 1.27g (5.06%), Vitamin A: 224.53IU (4.49%), Copper: 0.06mg (3.07%), Vitamin B5: 0.3mg (3%), Potassium: 101.55mg (2.9%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.15µg (2.53%), Magnesium: 10.01mg (2.5%), Vitamin C: 1.97mg (2.38%), Zinc: 0.34mg (2.3%), Vitamin E: 0.32mg (2.11%), Vitamin B6: 0.04mg (2.11%), Vitamin D: 0.31µg (2.05%)