



## Praline-Peach Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup pecans chopped
- 1 tablespoon butter firm
- 0.5 cup brown sugar packed
- 0.5 cup milk
- 0.3 cup vegetable oil
- 1 teaspoon vanilla
- 1 eggs
- 1.7 cups flour all-purpose

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 1 cup peaches fresh chopped
- 0.5 cup pecans coarsely chopped

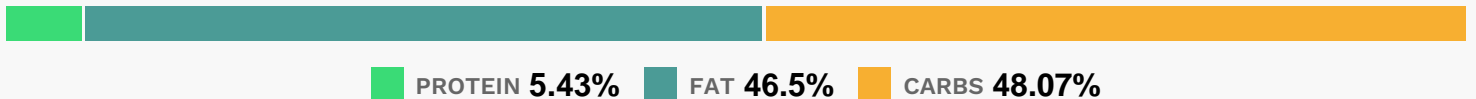
## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- muffin liners

## Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups or line with paper baking cups. In small bowl, mix 1/4 cup brown sugar and 1/4 cup pecans.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. Set aside.
- In large bowl, beat 1/2 cup brown sugar, the milk, oil, vanilla and egg until well blended. Stir in flour, baking powder and salt just until ingredients are moistened. Fold in peaches and 1/2 cup pecans. Divide batter evenly among muffin cups (cups will be almost full).
- Sprinkle with topping.
- Bake 18 to 20 minutes or until golden brown. Immediately remove from pan to cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:22.1, Glycemic Load:10.41, Inflammation Score:-3, Nutrition Score:6.0960869685463%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 242.48kcal (12.12%), Fat: 12.78g (19.66%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 28.4g (10.33%), Sugar: 15.28g (16.97%), Cholesterol: 14.86mg (4.95%), Sodium: 145.08mg (6.31%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Protein: 3.36g (6.72%), Manganese: 0.44mg (22.2%), Vitamin B1: 0.19mg (12.78%), Vitamin K: 11.85µg (11.29%), Selenium: 7.9µg (11.28%), Folate: 35.91µg (8.98%), Vitamin B2: 0.13mg (7.65%), Phosphorus: 73.42mg (7.34%), Calcium: 73.45mg (7.34%), Iron: 1.26mg (6.99%), Copper: 0.13mg (6.32%), Vitamin B3: 1.24mg (6.19%), Fiber: 1.32g (5.27%), Vitamin E: 0.77mg (5.16%), Magnesium: 16.24mg (4.06%), Zinc: 0.55mg (3.69%), Potassium: 101.89mg (2.91%), Vitamin B5: 0.27mg (2.68%), Vitamin A: 123.65IU (2.47%), Vitamin B6: 0.04mg (2.17%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.19µg (1.23%)