



Raspberry-Almond Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 tablespoons almond paste
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 0.5 cup nonfat buttermilk fat-free
- ☐ 2 cups flour all-purpose

- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 cups raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

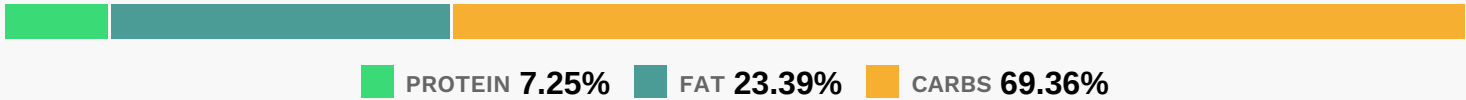
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Place first 3 ingredients in a food processor, and process until well blended.
- ☐ Add butter, and pulse 4 to 5 times or just until combined.
- ☐ Add the eggs, 1 at a time, pulsing 1 or 2 times after each addition.
- ☐ Add buttermilk, vanilla, and lemon juice; pulse until blended.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a large bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Add buttermilk mixture; stir just until moist. Gently fold in raspberries.
- ☐ Let batter stand 5 minutes. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle with turbinado sugar.

- ☐ Bake at 375 for 22 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:31.93, Glycemic Load:18.97, Inflammation Score:-3, Nutrition Score:5.5113043214964%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 224.23kcal (11.21%), Fat: 5.89g (9.06%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 37.58g (13.66%), Sugar: 21.71g (24.12%), Cholesterol: 41.36mg (13.79%), Sodium: 166.6mg (7.24%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 4.1g (8.21%), Selenium: 10.01µg (14.3%), Manganese: 0.28mg (14.03%), Folate: 47.94µg (11.99%), Vitamin B1: 0.17mg (11.65%), Vitamin B2: 0.16mg (9.67%), Iron: 1.36mg (7.56%), Vitamin B3: 1.39mg (6.94%), Fiber: 1.7g (6.8%), Phosphorus: 57.16mg (5.72%), Vitamin E: 0.79mg (5.27%), Vitamin C: 4.21mg (5.11%), Calcium: 37.29mg (3.73%), Magnesium: 14.25mg (3.56%), Copper: 0.07mg (3.5%), Vitamin A: 168.16IU (3.36%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.37mg (2.5%), Potassium: 81.41mg (2.33%), Vitamin B6: 0.04mg (1.85%), Vitamin K: 1.59µg (1.51%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.11%)