



Raspberry-Almond Streusel Muffins

READY IN



30 min.

SERVINGS



30

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 2 teaspoons double-acting baking powder
- 1 cup butter melted
- 2 large eggs lightly beaten
- 2.5 cups flour all-purpose
- 1 cup milk
- 1 pint raspberries fresh
- 1 teaspoon salt
- 30 servings streusel topping

1 cup sugar

Equipment

bowl

oven

whisk

muffin liners

Directions

Preheat oven to 37

Line 18 muffin cups with paper liners.

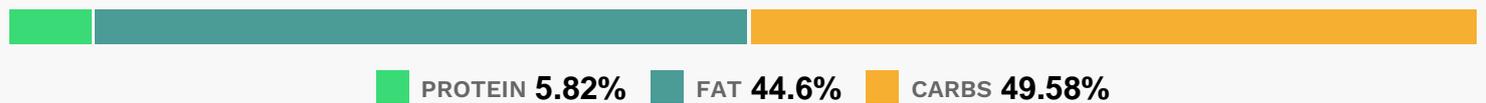
Whisk together first 4 ingredients in a large bowl.

Whisk together eggs and next 3 ingredients in a medium bowl; stir egg mixture into flour mixture just until blended. (Do not overmix.) Gently fold in raspberries. Spoon batter into prepared muffin pans; top evenly with Streusel Topping.

Bake 20 minutes or until muffins spring back when touched lightly in center. Cool in pans 3 minutes.

Remove muffins from pans, and serve warm.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:10.84, Inflammation Score:-2, Nutrition Score:3.4895652377087%

Flavonoids

Cyanidin: 7.22mg, Cyanidin: 7.22mg, Cyanidin: 7.22mg, Cyanidin: 7.22mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg 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: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg,

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin:
0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 139.52kcal (6.98%), Fat: 7.03g (10.81%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 17.59g (5.86%), Net
Carbohydrates: 16.25g (5.91%), Sugar: 8.14g (9.05%), Cholesterol: 29.65mg (9.88%), Sodium: 166.16mg (7.22%),
Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 2.06g (4.12%), Manganese: 0.18mg (9.12%), Selenium:
4.88µg (6.97%), Vitamin B1: 0.09mg (6.23%), Folate: 24.21µg (6.05%), Fiber: 1.34g (5.34%), Vitamin B2: 0.09mg
(5.22%), Vitamin C: 4.13mg (5.01%), Vitamin A: 225.49IU (4.51%), Phosphorus: 39.27mg (3.93%), Iron: 0.7mg
(3.88%), Vitamin B3: 0.73mg (3.63%), Calcium: 35.47mg (3.55%), Vitamin E: 0.38mg (2.56%), Magnesium: 7.85mg
(1.96%), Vitamin B5: 0.19mg (1.88%), Copper: 0.04mg (1.79%), Vitamin K: 1.85µg (1.76%), Potassium: 56.72mg
(1.62%), Zinc: 0.23mg (1.54%), Vitamin B12: 0.09µg (1.45%), Vitamin B6: 0.02mg (1.22%), Vitamin D: 0.16µg (1.04%)