



## Raspberry Coffee Time muffin

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 2 tbsp ground coffee finely
- ☐ 100 g butter
- ☐ 50 g pinenuts
- ☐ 1 tbsp milk
- ☐ 400 g self raising flour
- ☐ 175 g brown sugar
- ☐ 1 tsp baking soda
- ☐ 2 large eggs

- ☐ 284 ml cream
- ☐ 225 g raspberries fresh

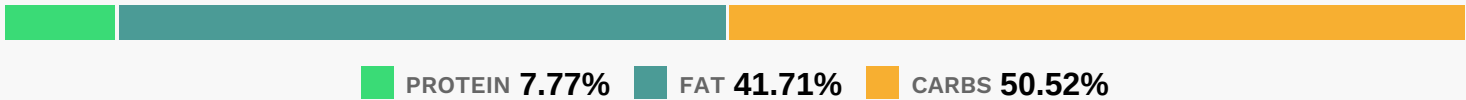
## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ muffin tray

## Directions

- ☐ Stir 2 tbsp boiling water into the coffee. Set aside for a few mins.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Cut out 12 x 10cm squares of baking parchment. Melt the butter, use a little to brush the insides of a deep 12-hole muffin tin, and leave the rest to cool slightly. Line the tin with the paper squares, so they stick up a bit. (Or use paper cases.) Toast half the pine nuts. Strain and mix the coffee with the milk.
- ☐ Mix the flour, toasted pine nuts, sugar and bicarbonate of soda in a large bowl. In another bowl, beat the eggs, then mix in the buttermilk, cooled butter and coffee. Stir this into the flour mixture until almost combined it will need only a few stirs and the mix will feel light and airy. Tip in the raspberries, give a few more stirs to finish the mixing, but dont overbeat or the mix will toughen. Spoon the mix into the muffin tins they will be very full.
- ☐ Scatter the rest of the pine nuts on top, and bake for about 25 mins until risen and golden.
- ☐ Let them cool in the tin a few minutes, then move to a cooling rack. Eat within 2 days.

## Nutrition Facts



## Properties

Glycemic Index:15.08, Glycemic Load:15.95, Inflammation Score:-4, Nutrition Score:7.5156521486199%

## Flavonoids

Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 331.51kcal (16.58%), Fat: 15.58g (23.97%), Saturated Fat: 7.18g (44.88%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 40.28g (14.65%), Sugar: 16.11g (17.9%), Cholesterol: 62.64mg (20.88%), Sodium: 182.92mg (7.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.77mg (38.53%), Selenium: 16.99µg (24.27%), Phosphorus: 99.56mg (9.96%), Fiber: 2.17g (8.69%), Vitamin A: 406.68IU (8.13%), Copper: 0.15mg (7.48%), Vitamin E: 1.05mg (7.03%), Magnesium: 27.85mg (6.96%), Vitamin B2: 0.12mg (6.93%), Vitamin C: 5.15mg (6.25%), Zinc: 0.83mg (5.54%), Folate: 22.05µg (5.51%), Calcium: 53.9mg (5.39%), Iron: 0.93mg (5.15%), Vitamin B5: 0.46mg (4.59%), Vitamin K: 4.77µg (4.54%), Potassium: 150.05mg (4.29%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.68mg (3.38%), Vitamin B6: 0.06mg (2.86%), Vitamin B12: 0.14µg (2.39%), Vitamin D: 0.18µg (1.2%)