

Raspberry-Filled Cinnamon Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup buttermilk low-fat
- ☐ 6 tablespoons raspberry jam
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup butter unsalted cooled melted

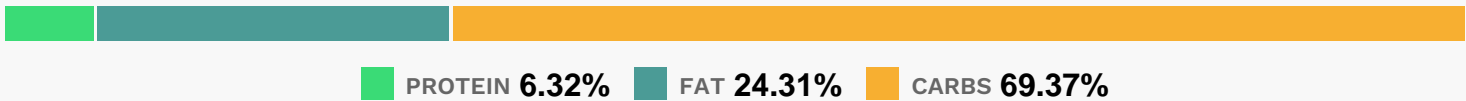
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Combine first 5 ingredients in a medium bowl, make a well in center of mixture.
- ☐ Combine egg, buttermilk, and margarine.
- ☐ Add to flour mixture, stirring until just moistened.
- ☐ Spoon about 1 1/2 tablespoons batter into each of 12 muffin cups coated with cooking spray, making sure batter is spread evenly along the bottom of each cup. Spoon 1/2 tablespoon preserves into center of the batter (in a ball; do not spread over batter), and top with remaining batter, making sure jam isn't visible.
- ☐ Combine 1 tablespoon sugar and 1/4 teaspoon cinnamon, stir well.
- ☐ Sprinkle over muffins.
- ☐ Bake at 400°F for 18 minutes or until a toothpick inserted into the center of a muffin comes out clean.
- ☐ Remove from pans immediately and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:19.08, Inflammation Score:-2, Nutrition Score:3.615217399338%

Nutrients (% of daily need)

Calories: 166.3kcal (8.32%), Fat: 4.54g (6.98%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 28.57g (10.39%), Sugar: 14.94g (16.6%), Cholesterol: 24.41mg (8.14%), Sodium: 168.32mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Selenium: 7.03µg (10.04%), Vitamin B1: 0.13mg (8.74%), Folate: 32.31µg (8.08%), Vitamin B2: 0.13mg (7.53%), Calcium: 74.44mg (7.44%), Manganese: 0.12mg (6%), Phosphorus: 58.81mg (5.88%), Iron: 0.95mg (5.26%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 145.15IU (2.9%), Fiber: 0.56g (2.22%), Copper: 0.04mg (1.92%), Vitamin B5: 0.17mg (1.73%), Magnesium: 6.27mg (1.57%), Zinc: 0.23mg (1.55%), Potassium: 53.81mg (1.54%), Vitamin C: 1.03mg (1.25%), Vitamin B12: 0.07µg (1.23%), Vitamin E: 0.18mg (1.19%), Vitamin B6: 0.02mg (1.02%)