



Raspberry-Filled Cinnamon Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
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- ☐ 0.7 cup buttermilk low-fat
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup raspberry preserves seedless
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar

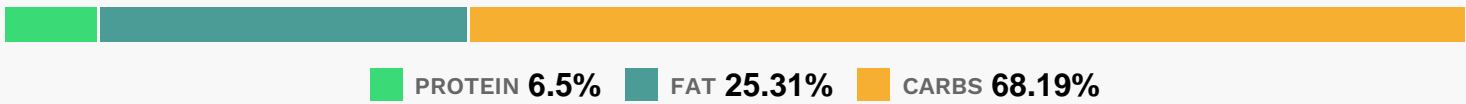
Equipment

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

Directions

- ☐ Combine first 5 ingredients in a medium bowl, and make a well in center of mixture.
- ☐ Combine buttermilk, margarine, and egg, and stir well.
- ☐ Add to the flour mixture, stirring just until moistened.
- ☐ Spoon about 1 tablespoon batter into each of 12 muffin cups coated with cooking spray. Spoon 1 teaspoon preserves into center of each muffin cup (do not spread over batter), and top with remaining batter.
- ☐ Combine 1 tablespoon sugar and 1/4 teaspoon cinnamon; stir well.
- ☐ Sprinkle evenly over muffins.
- ☐ Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:18, Inflammation Score:-2, Nutrition Score:3.6308695622112%

Nutrients (% of daily need)

Calories: 158.04kcal (7.9%), Fat: 4.49g (6.91%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 26.59g (9.67%), Sugar: 13.45g (14.94%), Cholesterol: 14.17mg (4.72%), Sodium: 209.01mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Selenium: 6.9µg (9.85%), Vitamin B1: 0.13mg

(8.69%), Folate: 31.82µg (7.96%), Calcium: 73.88mg (7.39%), Manganese: 0.15mg (7.38%), Vitamin B2: 0.12mg (7.26%), Phosphorus: 56.83mg (5.68%), Iron: 0.94mg (5.25%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 195.84IU (3.92%), Fiber: 0.61g (2.45%), Copper: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.67%), Magnesium: 6.12mg (1.53%), Zinc: 0.22mg (1.48%), Potassium: 50.61mg (1.45%), Vitamin E: 0.21mg (1.43%), Vitamin B12: 0.07µg (1.11%)