



Raspberry-White Chocolate Muffins

 Gluten Free

READY IN



28 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 0.7 cup milk
- ☐ 0.5 cup peppermint candies white
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup raspberries
- ☐ 2 cups frangelico

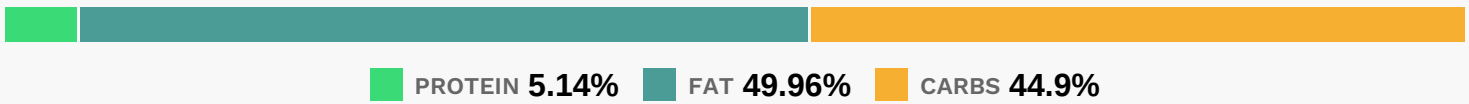
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups, or place paper baking cup in each muffin cup.
- ☐ Beat egg slightly in medium bowl. Stir in remaining ingredients except raspberries just until moistened. Gently stir in raspberries. Divide batter evenly among cups.
- ☐ Bake 15 to 18 minutes or until golden brown. Cool 5 minutes; remove from pan.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:4.26, Inflammation Score:-1, Nutrition Score:1.7299999983414%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 113.53kcal (5.68%), Fat: 6.54g (10.06%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.57g (4.57%), Sugar: 12.25g (13.61%), Cholesterol: 15.27mg (5.09%), Sodium: 16.63mg (0.72%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.51g (3.03%), Vitamin K: 5µg (4.76%), Calcium: 36.07mg (3.61%), Manganese: 0.07mg (3.44%), Vitamin C: 2.62mg (3.18%), Fiber: 0.65g (2.6%), Phosphorus: 23.85mg (2.39%), Vitamin B2: 0.04mg (2.37%), Vitamin E: 0.32mg (2.12%), Selenium: 1.44µg (2.05%), Vitamin B12: 0.11µg (1.76%),

Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.14mg (1.4%), Potassium: 40.6mg (1.16%), Magnesium: 4.27mg (1.07%)