

Rhubarb Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup parve margarine
- ☐ 12 pecan halves
- ☐ 2 cups rhubarb diced
- ☐ 0.5 teaspoon salt

- ☐ 1 cup vanilla soymilk
- ☐ 1 cup sugar

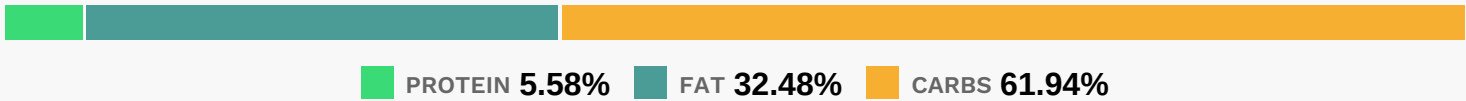
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 400° F. Grease 12 muffin cups or line with paper cups.Cream the margarine and sugar.
- ☐ Add the egg and blend well.In a separate bowl, combine the flour, baking powder, cinnamon, and salt.
- ☐ Add to the margarine mixture alternating with the vanilla soy milk. Do not overmix.Fold in all of the rhubarb at once.Spoon the batter into the muffin cups, distributing evenly.
- ☐ Place one pecan half in the center of each cup on top of the batter.
- ☐ Bake on the center rack for 30 minutes or until a tester inserted in the center comes out clean and the tops are lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:26.34, Inflammation Score:-4, Nutrition Score:6.2669565340747%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 297.52kcal (14.88%), Fat: 9.38g (14.43%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 38.99g (14.18%), Sugar: 19.19g (21.33%), Cholesterol: 15.5mg (5.17%), Sodium: 301.07mg (13.09%), Alcohol: 5.96g (100%), Alcohol %: 7.81% (100%), Protein: 3.63g (7.25%), Manganese: 0.34mg (16.85%), Selenium: 10.49µg (14.98%), Vitamin B1: 0.22mg (14.82%), Folate: 51.45µg (12.86%), Vitamin B2: 0.18mg (10.52%), Calcium: 89.27mg (8.93%), Vitamin B3: 1.7mg (8.47%), Iron: 1.51mg (8.38%), Vitamin A: 382.59IU (7.65%), Phosphorus: 68.28mg (6.83%), Vitamin K: 6.12µg (5.83%), Fiber: 1.25g (5%), Copper: 0.08mg (3.78%), Potassium: 128.45mg (3.67%), Magnesium: 13.05mg (3.26%), Vitamin E: 0.43mg (2.86%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.22mg (2.22%), Vitamin C: 1.66mg (2.02%), Vitamin B6: 0.03mg (1.59%)