



## Sour Cream Coffee Cake Muffins

READY IN



52 min.

SERVINGS



20

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 24 peanut butter cups
- ☐ 1 cup pecans finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 cup cream sour
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

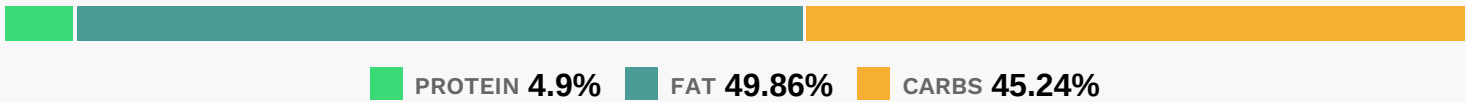
## Equipment

- ☐ oven
- ☐ whisk
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 35
- ☐ Beat butter at medium speed with an electric mixer 2 minutes or until creamy. Gradually add 2 cups sugar, beating 2 to 3 minutes.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add sour cream and vanilla, beating until blended.
- ☐ Whisk together flour and next 3 ingredients; gradually stir into butter mixture. (Batter will be thick.)
- ☐ Place baking cups in muffin pans. Spoon batter into cups, filling two-thirds full.
- ☐ Stir together pecans, 1/4 cup sugar, and cinnamon.
- ☐ Sprinkle pecan mixture over batter.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool completely on wire racks (about 12 to 15 minutes).

## Nutrition Facts



## Properties

Glycemic Index:18.61, Glycemic Load:22.69, Inflammation Score:-4, Nutrition Score:5.8082609422829%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg

Nutrients (% of daily need)

Calories: 383.45kcal (19.17%), Fat: 21.89g (33.68%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 43.08g (15.66%), Sugar: 32.75g (36.39%), Cholesterol: 51.01mg (17%), Sodium: 214.08mg (9.31%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 4.84g (9.68%), Manganese: 0.34mg (16.9%), Vitamin B1: 0.17mg (11.22%), Selenium: 6.93µg (9.89%), Folate: 37.55µg (9.39%), Vitamin B3: 1.73mg (8.67%), Phosphorus: 85.9mg (8.59%), Vitamin B2: 0.14mg (8.3%), Vitamin A: 396.92IU (7.94%), Copper: 0.13mg (6.71%), Fiber: 1.63g (6.51%), Iron: 1.1mg (6.09%), Magnesium: 23.52mg (5.88%), Calcium: 51.9mg (5.19%), Zinc: 0.69mg (4.6%), Potassium: 128.93mg (3.68%), Vitamin B5: 0.35mg (3.52%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.05mg (2.51%), Vitamin B12: 0.14µg (2.35%), Vitamin K: 1.65µg (1.57%)