



Sour Cream Coffeecake Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 0.5 cup brown sugar dark packed
- 0.5 cup egg substitute
- 7.8 ounces flour all-purpose
- 1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 1 cup cup heavy whipping cream sour reduced-fat

- 3 teaspoons orange juice fresh
- 0.3 cup pecans chopped
- 6 tablespoons powdered sugar
- 0.5 teaspoon salt
- 1 Dash salt
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- Combine first 3 ingredients; set aside.
- Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- Add egg substitute; beat 3 minutes. Beat in sour cream, water, and vanilla.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt in a large bowl, stirring well with a whisk. Make a well in center of mixture; add sour cream mixture. Stir just until combined.
- Place 3 tablespoons brown sugar mixture in a small bowl; set aside.

- Sprinkle surface of batter with remaining brown sugar mixture. Gently fold batter 4 times.
- Place 18 paper muffin cup liners in muffin cups; coat liners with cooking spray. Spoon batter into prepared cups.
- Sprinkle batter evenly with reserved brown sugar mixture.
- Bake at 400 for 25 minutes or until a wooden pick inserted in center comes out clean.
- Remove muffins from pan immediately; place on a wire rack. Cool 10 minutes.
- Combine powdered sugar, juice, and dash of salt in a small bowl, stirring until smooth.
- Drizzle powdered sugar mixture evenly over muffins.

Nutrition Facts



■ **PROTEIN 5.72%**
■ **FAT 25.91%**
■ **CARBS 68.37%**

Properties

Glycemic Index:19.67, Glycemic Load:14.62, Inflammation Score:-2, Nutrition Score:3.45043480785%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 176.14kcal (8.81%), Fat: 5.16g (7.94%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 30.07g (10.93%), Sugar: 20.01g (22.23%), Cholesterol: 11.25mg (3.75%), Sodium: 167.1mg (7.27%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Protein: 2.56g (5.13%), Selenium: 7.54µg (10.77%), Manganese: 0.19mg (9.31%), Vitamin B1: 0.12mg (8.01%), Folate: 25.66µg (6.41%), Vitamin B2: 0.11mg (6.33%), Calcium: 46.71mg (4.67%), Iron: 0.84mg (4.66%), Vitamin B3: 0.77mg (3.86%), Phosphorus: 37.44mg (3.74%), Vitamin A: 139.37IU (2.79%), Fiber: 0.57g (2.26%), Copper: 0.04mg (2.23%), Potassium: 73.16mg (2.09%), Zinc: 0.29mg (1.96%), Magnesium: 7.74mg (1.94%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.08µg (1.36%), Vitamin B6: 0.02mg (1.17%)