



Spiced Plum Muffin Batter



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



661 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup pecans toasted chopped
- ☐ 3.5 ounce plum baby food
- ☐ 1 cup self-rising flour
- ☐ 1 cup sugar
- ☐ 0.5 cup vegetable oil

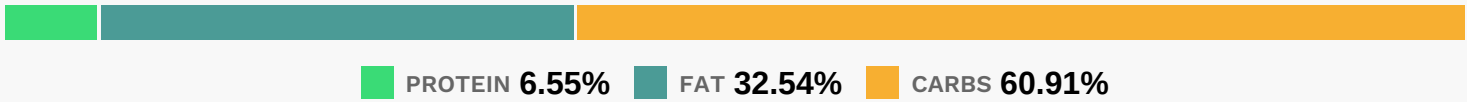
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine first 4 ingredients in a large mixing bowl; make a well in center of mixture. Stir together oil, eggs, and plum baby food; add to dry ingredients, and stir just until moistened.
- ☐ Spiced Plum Muffins: Spoon Spiced Plum Muffin Batter evenly into lightly greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 15 to 20 minutes. Makes 12 muffins.

Nutrition Facts



Properties

Glycemic Index:66.92, Glycemic Load:67.5, Inflammation Score:-4, Nutrition Score:12.306521830351%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 660.61kcal (33.03%), Fat: 24.54g (37.76%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 103.4g (34.47%), Net Carbohydrates: 100.12g (36.41%), Sugar: 70.79g (78.65%), Cholesterol: 124mg (41.33%), Sodium: 49.09mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Manganese: 1.19mg (59.33%), Selenium: 27.87µg (39.82%), Copper: 0.34mg (17.16%), Phosphorus: 162.41mg (16.24%), Vitamin K: 16.34µg (15.56%), Fiber: 3.28g (13.12%), Vitamin B2: 0.22mg (13.08%), Vitamin B1: 0.18mg (11.74%), Zinc: 1.65mg (11%), Magnesium: 39.16mg (9.79%), Vitamin E: 1.45mg (9.68%), Vitamin B5: 0.89mg (8.95%), Folate: 35.19µg (8.8%), Iron: 1.53mg (8.51%), Potassium: 218.89mg (6.25%), Vitamin A: 306.91IU (6.14%), Vitamin B6: 0.12mg (6.03%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%), Calcium: 42.49mg (4.25%), Vitamin C: 3.47mg (4.21%), Vitamin B3: 0.8mg (4.01%)