



Spiced Raspberry Rhubarb Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup rhubarb fresh finely chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 cup raspberries fresh
- ☐ 13.9 oz corn muffin mix quick
- ☐ 0.5 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs

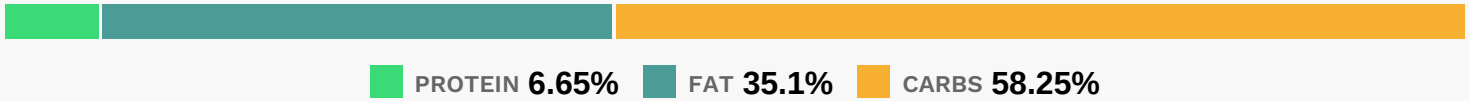
Equipment

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

Directions

- ☐ Heat oven to 400°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups.
- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add rhubarb; cook about 5 minutes or until softened. Stir in sugar and vanilla. Cook 3 to 5 minutes longer.
- ☐ Remove from heat. Stir in raspberries. Set aside.
- ☐ In large bowl, stir together muffin mix, milk, melted butter and eggs. Fold in rhubarb mixture. Spoon batter evenly into muffin cups. Top each with Streusel Topping from muffin mix box.
- ☐ Bake 18 to 21 minutes or until center muffin springs back when touched lightly in center.
- ☐ Remove from muffin cups. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:6.18, Inflammation Score:-3, Nutrition Score:5.6978260641513%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg 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 Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.4mg, Epicatechin:

0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg 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: 227.21kcal (11.36%), Fat: 8.93g (13.73%), Saturated Fat: 3.84g (24%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 30.36g (11.04%), Sugar: 16.09g (17.88%), Cholesterol: 39.19mg (13.06%), Sodium: 313.18mg (13.62%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.81g (7.61%), Phosphorus: 190.82mg (19.08%), Fiber: 2.97g (11.87%), Vitamin B1: 0.15mg (10.29%), Manganese: 0.19mg (9.68%), Folate: 36.94µg (9.23%), Vitamin B2: 0.15mg (8.65%), Selenium: 4.51µg (6.45%), Vitamin B3: 1.21mg (6.03%), Iron: 1.05mg (5.81%), Vitamin K: 5.78µg (5.5%), Calcium: 47.79mg (4.78%), Vitamin A: 224.12IU (4.48%), Vitamin C: 3.47mg (4.2%), Vitamin B5: 0.35mg (3.55%), Vitamin B6: 0.07mg (3.44%), Magnesium: 13.51mg (3.38%), Potassium: 108.39mg (3.1%), Vitamin B12: 0.16µg (2.63%), Zinc: 0.38mg (2.54%), Vitamin E: 0.36mg (2.38%), Copper: 0.05mg (2.26%), Vitamin D: 0.26µg (1.72%)