



Strawberry Cheesecake Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup brown sugar
- 0.3 cup butter melted
- 0.3 cup confectioners' sugar
- 8 ounce cream cheese softened
- 1 eggs
- 2.5 cups flour all-purpose
- 1 teaspoon lemon zest grated

- 1.3 cups milk
- 0.5 teaspoon salt
- 0.3 cup strawberry jam
- 0.3 teaspoon vanilla extract

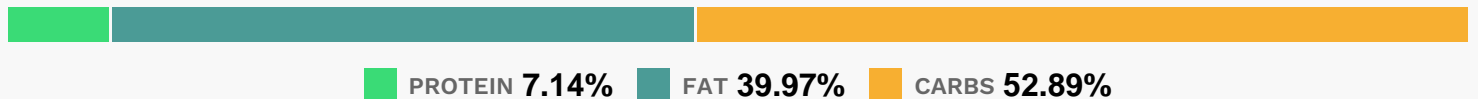
Equipment

- frying pan
- oven
- mixing bowl
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- Beat together cream cheese and confectioners' sugar until smooth; set aside.
- In a large mixing bowl, combine all-purpose flour, baking powder and salt. In a separate bowl, beat together egg milk, brown sugar, butter, lemon zest and vanilla extract. Stir egg mixture into dry ingredients, stirring just until moistened.
- Spoon half of batter into muffin cups. Top each portion with 1 tablespoon cream cheese mixture and 1 teaspoon jam. Spoon remaining muffin batter on top.
- Bake in preheated oven for 20 minutes, or until golden. Cool in pan for 5 minutes, then remove muffins and cool on rack. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:18.01, Inflammation Score:-4, Nutrition Score:6.5386956230454%

Nutrients (% of daily need)

Calories: 291.74kcal (14.59%), Fat: 13.04g (20.06%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 38.01g (13.82%), Sugar: 16.81g (18.68%), Cholesterol: 49.34mg (16.45%), Sodium: 323.07mg (14.05%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 5.24g (10.48%), Selenium: 12.4µg (17.71%), Vitamin B1: 0.23mg (15.07%), Vitamin B2: 0.23mg (13.66%), Folate: 52.16µg (13.04%), Calcium: 125.17mg (12.52%), Phosphorus: 106.44mg (10.64%), Manganese: 0.19mg (9.55%), Vitamin A: 472.46IU (9.45%), Iron: 1.51mg (8.38%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.22µg (3.7%), Potassium: 115.82mg (3.31%), Fiber: 0.8g (3.2%), Magnesium: 12.46mg (3.12%), Zinc: 0.44mg (2.95%), Copper: 0.06mg (2.79%), Vitamin E: 0.38mg (2.56%), Vitamin B6: 0.05mg (2.47%), Vitamin D: 0.35µg (2.35%), Vitamin C: 0.84mg (1.02%)