



Strawberry Streusel Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.5 cup butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup half-and-half
- ☐ 12 servings key lime glaze
- ☐ 2 teaspoons key lime rind grated

- ☐ 0.3 teaspoon salt
- ☐ 12 servings streusel topping
- ☐ 1.3 cups strawberries fresh thinly sliced
- ☐ 0.3 cup sugar

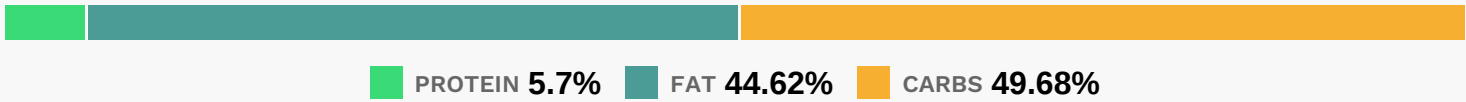
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine first 6 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together egg, butter, and half-and-half in a separate bowl.
- ☐ Add to flour mixture, stirring just until moistened. Gently fold in strawberries and Key lime rind. Spoon batter into paper-lined muffin pans, filling three-fourths full.
- ☐ Sprinkle each muffin with 1 tablespoon Streusel Topping.
- ☐ Bake at 375 for 25 minutes or until muffins are golden brown and spring back when lightly touched in the center. Cool muffins in pans 10 minutes; remove from pans, and let cool completely on a wire rack.
- ☐ Drizzle with Key Lime Glaze.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:12.23, Inflammation Score:-3, Nutrition Score:4.7960869929065%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg

Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 188.58kcal (9.43%), Fat: 9.54g (14.68%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 22.86g (8.31%), Sugar: 10.29g (11.44%), Cholesterol: 39.37mg (13.12%), Sodium: 197.41mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin C: 11.05mg (13.4%), Selenium: 7.19µg (10.27%), Manganese: 0.2mg (10.12%), Vitamin B1: 0.13mg (8.93%), Folate: 35.42µg (8.86%), Vitamin B2: 0.13mg (7.38%), Calcium: 67.77mg (6.78%), Vitamin A: 300.54IU (6.01%), Iron: 1.05mg (5.81%), Phosphorus: 57.76mg (5.78%), Vitamin B3: 1.02mg (5.11%), Fiber: 1.04g (4.18%), Vitamin E: 0.39mg (2.58%), Copper: 0.05mg (2.25%), Potassium: 78.36mg (2.24%), Magnesium: 8.7mg (2.17%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.59%), Vitamin K: 1.3µg (1.24%), Vitamin B12: 0.07µg (1.22%)