



Super Easy PB&J Muffins

READY IN



20 min.

SERVINGS



6

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 package corn muffin mix
- ☐ 1 large eggs
- ☐ 0.3 cup milk
- ☐ 0.5 cup creamy peanut butter (I used Peanut Butter & Co. Smooth Operator)

Equipment

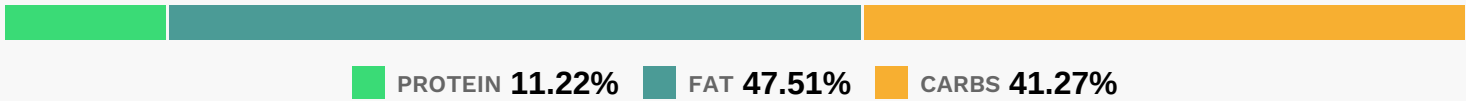
- ☐ bowl
- ☐ oven
- ☐ ramekin

- ☐ microwave
- ☐ muffin tray
- ☐ butter knife

Directions

- ☐ Preheat your oven to 400°F.
- ☐ Prepare the muffin mix as indicated on the box.
- ☐ Add liners to your muffin tin and fill them until they're each about half full.
- ☐ Place the peanut butter in a ramekin or small bowl and gently heat in microwave oven for about 10 seconds or until it is softened. Stir well to ensure even heating. Be careful not to not overcook the peanut butter.
- ☐ Add 1to 2 tablespoons of melted peanut butter to each of the muffins and marble with a butter knife.
- ☐ Bake for 13 minutes and allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:9.4652173799341%

Nutrients (% of daily need)

Calories: 314.27kcal (15.71%), Fat: 17g (26.16%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 33.25g (11.08%), Net Carbohydrates: 29.6g (10.76%), Sugar: 10.95g (12.16%), Cholesterol: 33.02mg (11.01%), Sodium: 436.09mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Phosphorus: 296.07mg (29.61%), Manganese: 0.44mg (22.22%), Vitamin B3: 4.22mg (21.09%), Folate: 59.76µg (14.94%), Fiber: 3.64g (14.57%), Vitamin E: 2.12mg (14.1%), Vitamin B1: 0.21mg (14.01%), Magnesium: 48.19mg (12.05%), Vitamin B2: 0.2mg (11.91%), Iron: 1.52mg (8.46%), Selenium: 5.88µg (8.4%), Vitamin B6: 0.17mg (8.36%), Copper: 0.13mg (6.53%), Zinc: 0.92mg (6.16%), Vitamin B5: 0.59mg (5.86%), Potassium: 193.4mg (5.53%), Calcium: 50.6mg (5.06%), Vitamin B12: 0.17µg (2.75%), Vitamin A: 107.66IU (2.15%), Vitamin K: 2.13µg (2.03%), Vitamin D: 0.28µg (1.86%)