

Surprise Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 0.3 cup any flavor fruit jam
- ☐ 1 teaspoon salt
- ☐ 0.3 cup wheat germ

☐ 1.3 cups flour whole wheat

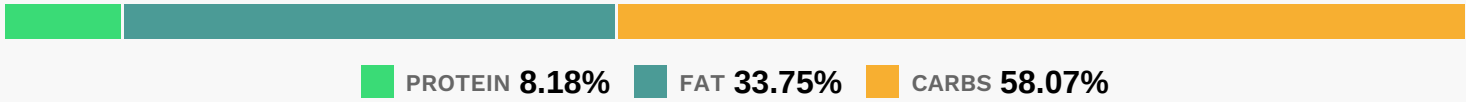
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ Stir together flour, wheat germ, baking powder, salt and brown sugar. In a separate bowl, mix together butter, egg and buttermilk. Stir milk mixture into dry ingredients; mix just until combined. Fill prepared muffin cups half full with batter. Make a depression in the center of each muffin and drop in 1 teaspoon of jam. Cover jam with additional batter.
- ☐ Bake in preheated oven for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:7.1382608828337%

Nutrients (% of daily need)

Calories: 174.39kcal (8.72%), Fat: 6.77g (10.42%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.3g (8.83%), Sugar: 13.38g (14.86%), Cholesterol: 29.4mg (9.8%), Sodium: 346.96mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Manganese: 0.98mg (48.91%), Selenium: 12.95µg (18.5%), Phosphorus: 109.29mg (10.93%), Vitamin B1: 0.14mg (9.29%), Fiber: 1.93g (7.71%), Magnesium: 29.67mg (7.42%), Calcium: 61.08mg (6.11%), Zinc: 0.88mg (5.84%), Vitamin B6: 0.11mg (5.73%), Vitamin B2: 0.1mg (5.68%), Copper: 0.1mg (4.97%), Iron: 0.89mg (4.94%), Folate: 18.63µg (4.66%), Vitamin B3: 0.91mg (4.57%), Vitamin A: 211.58IU (4.23%), Potassium: 128.22mg (3.66%), Vitamin B5: 0.31mg (3.05%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.33µg (2.22%), Vitamin E: 0.3mg (2.01%)