



Toasted Coconut Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons cream of coconut
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.3 cup brown sugar light
- ☐ 0.5 cup milk 1% low-fat
- ☐ 3 tablespoons part-skim ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 2 teaspoons vanilla extract

Equipment

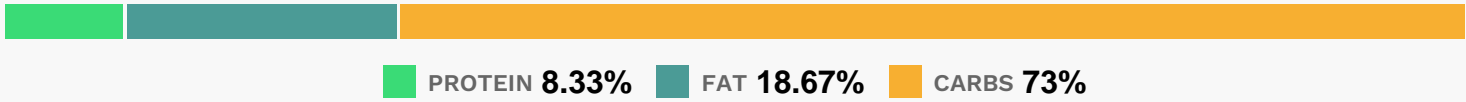
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ To prepare muffins, lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 cups flour and next 5 ingredients (through salt) in a large bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Combine milk and next 7 ingredients (through egg white); stir well with a whisk.
- ☐ Add milk mixture to flour mixture, stirring just until moist. Fold in 1/4 cup coconut.
- ☐ Place 12 muffin cup liners in muffin cups; coat liners with cooking spray. Divide batter evenly among muffin cups.

- ☐ To prepare topping, combine 1/4 cup coconut, 3 tablespoons flour, 3 tablespoons granulated sugar, and 1 tablespoon oil in a small bowl; stir with a fork until crumbly.
- ☐ Sprinkle topping evenly over batter.
- ☐ Bake at 350 for 23 minutes or until a wooden pick inserted in center of a muffin comes out clean. Cool in pan on a wire rack 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33.1, Glycemic Load:14.79, Inflammation Score:-2, Nutrition Score:3.9743478000164%

Nutrients (% of daily need)

Calories: 166.79kcal (8.34%), Fat: 3.44g (5.29%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 29.43g (10.7%), Sugar: 16.09g (17.88%), Cholesterol: 17.14mg (5.71%), Sodium: 129.62mg (5.64%), Alcohol: 0.23g (100%), Alcohol %: 0.49% (100%), Protein: 3.45g (6.91%), Selenium: 8.97µg (12.82%), Vitamin B1: 0.15mg (9.74%), Folate: 34.92µg (8.73%), Vitamin B2: 0.14mg (8.27%), Manganese: 0.14mg (7.23%), Calcium: 61.76mg (6.18%), Phosphorus: 57.48mg (5.75%), Iron: 1.03mg (5.71%), Vitamin B3: 1.08mg (5.38%), Fiber: 0.84g (3.37%), Vitamin B5: 0.2mg (2%), Magnesium: 8.01mg (2%), Copper: 0.04mg (1.95%), Zinc: 0.29mg (1.9%), Vitamin B12: 0.11µg (1.84%), Potassium: 63.78mg (1.82%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.2µg (1.3%), Vitamin B6: 0.02mg (1.23%), Vitamin A: 56.32IU (1.13%)