



Very Cherry Almond Muffins

READY IN



32 min.

SERVINGS



18

CALORIES



246 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup brown sugar
- 0.3 cup butter cut into small pieces
- 0.5 cup cherry preserves
- 3 eggs
- 0.5 cup flour all-purpose
- 0.3 cup granulated sugar
- 1 pinch ground cinnamon
- 0.3 cup slivered almonds

- 1 box vanilla cake donut holes
- 0.3 cup vegetable oil

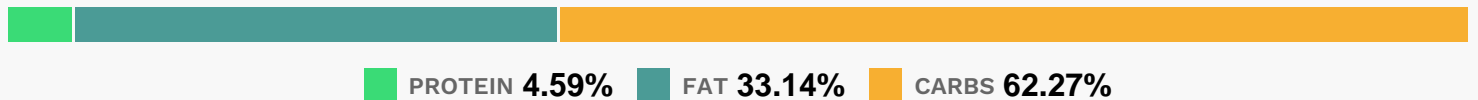
Equipment

- bowl
- oven
- blender
- hand mixer
- ice cream scoop
- muffin tray

Directions

- In a medium bowl combine all topping ingredients except almonds. Using a pastry blender or 2 forks, combine ingredients to a course consistency. Once combined, fold in the almonds.
- Preheat oven to 350 degrees F. Line 2 (12-cup) muffin tins with paper liners for 18 muffins.
- In a large bowl using an electric mixer, combine cake mix, eggs, oil, extract and preserves. Batter will be somewhat lumpy.
- Use an ice cream scoop to evenly fill each muffin pan with the batter.
- Sprinkle tops of muffins with 2 teaspoons of almond topping.
- Bake 17 to 21 minutes.

Nutrition Facts



Properties

Glycemic Index:14.73, Glycemic Load:7.39, Inflammation Score:-2, Nutrition Score:4.5608695434487%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 245.86kcal (12.29%), Fat: 9.15g (14.08%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 37.98g (13.81%), Sugar: 22.52g (25.02%), Cholesterol: 34.06mg (11.35%), Sodium: 233.73mg (10.16%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.85g (5.7%), Phosphorus: 124.97mg (12.5%), Selenium: 6.23µg (8.91%), Vitamin B2: 0.14mg (8.18%), Vitamin K: 8.46µg (8.05%), Folate: 31.73µg (7.93%), Calcium: 76.9mg (7.69%), Vitamin E: 1.13mg (7.52%), Vitamin B1: 0.1mg (6.49%), Manganese: 0.13mg (6.35%), Iron: 0.98mg (5.43%), Vitamin B3: 0.96mg (4.79%), Copper: 0.06mg (3.01%), Fiber: 0.71g (2.83%), Magnesium: 9.59mg (2.4%), Vitamin A: 118.44IU (2.37%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.31mg (2.05%), Potassium: 55mg (1.57%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.18%), Vitamin C: 0.83mg (1.01%)