



White Chocolate-Macadamia Nut Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups biscuit and baking mix
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup half-and-half
- ☐ 0.5 cup macadamia nuts coarsely chopped
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 0.8 cup chocolate (with bakers premium white chocolate) coarsely chopped white

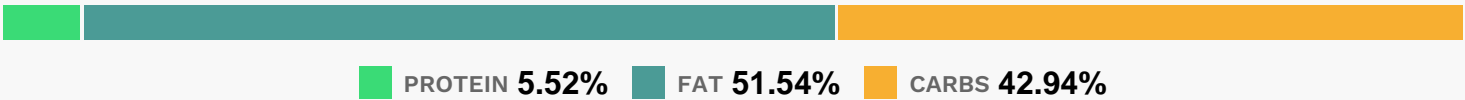
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine baking mix and sugar in a large bowl; stir in chocolate and nuts. Make a well in center of mixture.
- ☐ Combine half-and-half and remaining 3 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Spoon into greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 11 to 12 minutes or until a wooden pick inserted into center comes out clean.
- ☐ Remove from pans immediately.
- ☐ Hot Chocolate Muffins: Omit white chocolate and macadamia nuts. Decrease baking mix to 2 1/4 cups and half-and-half to 1/2 cup. Stir in 2 tablespoons cocoa, 3/4 cup semisweet chocolate mini-morsels, 1/4 cup chocolate syrup, and 1/4 cup sliced almonds.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:9.25, Inflammation Score:-2, Nutrition Score:6.104782646117%

Nutrients (% of daily need)

Calories: 281.39kcal (14.07%), Fat: 16.29g (25.06%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.52g (10.74%), Sugar: 17.08g (18.97%), Cholesterol: 23.03mg (7.68%), Sodium: 341.99mg (14.87%), Alcohol: 0.23g (100%), Alcohol %: 0.41% (100%), Protein: 3.92g (7.85%), Phosphorus: 193.93mg (19.39%), Manganese: 0.32mg (15.97%), Vitamin B1: 0.22mg (14.8%), Vitamin B2: 0.19mg (11.3%), Folate: 34.85µg (8.71%), Calcium: 84.59mg (8.46%), Vitamin K: 8.84µg (8.42%), Vitamin B3: 1.36mg (6.79%), Selenium: 4.26µg (6.09%), Iron: 1mg (5.58%), Copper: 0.09mg (4.55%), Vitamin B5: 0.42mg (4.21%), Magnesium: 16.59mg (4.15%), Fiber: 1.02g (4.09%), Vitamin B12: 0.21µg (3.49%), Vitamin E: 0.5mg (3.34%), Potassium: 111.76mg (3.19%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.4mg (2.65%), Vitamin A: 79.52IU (1.59%)