



Whole-wheat Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.1 lb butter
- ☐ 1 large eggs
- ☐ 1 cup milk
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 0.5 teaspoon vanilla
- ☐ 2 cups flour whole-wheat

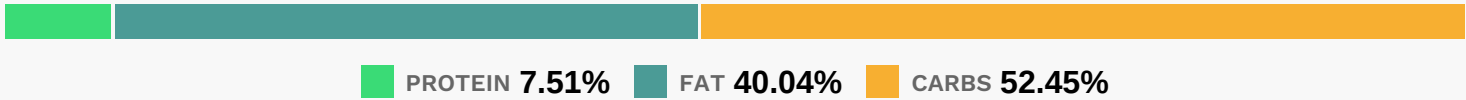
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ In a large bowl with a mixer, beat butter and sugar until very well mixed and no lumps remain.
- ☐ Add milk, yogurt, egg, and vanilla; beat just until blended.
- ☐ Add flour, soda, and pecans; stir until mixture is evenly moistened.
- ☐ Spoon batter equally into 12 buttered or paper-lined muffin cups (2 1/2 to 2 3/4 in. wide).
- ☐ Bake in a 425 regular or convection oven until muffins just begin to pull from pan sides and spring back in the center when lightly pressed, about 15 minutes.
- ☐ Cool muffins in pan about 5 minutes, then invert onto a rack and turn rounded side up.
- ☐ Serve hot, warm, or cool. If making up to 1 day ahead, wrap cool muffins airtight and store at room temperature; freeze to store longer. To reheat, seal in foil and bake in a 350 regular or convection oven about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:9.0060870621515%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin:

0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 255.9kcal (12.8%), Fat: 11.9g (18.31%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 32.06g (11.66%), Sugar: 19.63g (21.81%), Cholesterol: 18.04mg (6.01%), Sodium: 158.88mg (6.91%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.02g (10.05%), Manganese: 1.24mg (61.83%), Selenium: 14.78µg (21.11%), Phosphorus: 135.19mg (13.52%), Fiber: 3.01g (12.05%), Vitamin B1: 0.18mg (11.76%), Magnesium: 44.11mg (11.03%), Copper: 0.2mg (10.19%), Zinc: 1.12mg (7.49%), Calcium: 67.31mg (6.73%), Vitamin B6: 0.13mg (6.53%), Iron: 1.16mg (6.43%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.15mg (5.75%), Potassium: 185.72mg (5.31%), Vitamin A: 231.69IU (4.63%), Vitamin B5: 0.4mg (4%), Folate: 13.6µg (3.4%), Vitamin E: 0.47mg (3.13%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.31µg (2.05%)