



Wine Cooler Muffins



Vegetarian



Vegan



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups buttermilk baking mix
- ☐ 0.3 cup sugar white
- ☐ 1.5 cups wine cooler

Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ muffin liners

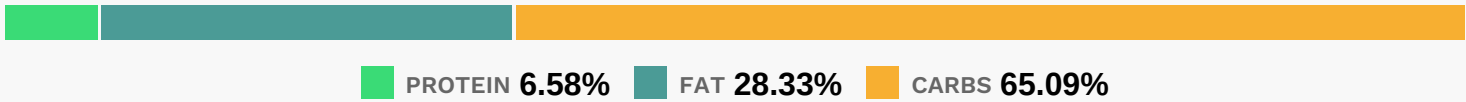
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muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 6 jumbo muffin cups.
- ☐ In a large mixing bowl, combine baking mix and sugar.
- ☐ Pour in wine cooler and mix well. Spoon batter into prepared muffin tins.
- ☐ Bake in preheated oven until golden, about 15 minutes.
- ☐ Remove muffins from tin and place on cooling rack.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:6.06, Inflammation Score:-4, Nutrition Score:8.3365216988908%

Nutrients (% of daily need)

Calories: 338.68kcal (16.93%), Fat: 9.27g (14.26%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 46.65g (16.96%), Sugar: 15.78g (17.53%), Cholesterol: 1.2mg (0.4%), Sodium: 768.68mg (33.42%), Alcohol: 6.24g (100%), Alcohol %: 6.16% (100%), Protein: 4.84g (9.68%), Phosphorus: 363mg (36.3%), Vitamin B1: 0.35mg (23.2%), Folate: 75.6µg (18.9%), Vitamin B2: 0.28mg (16.33%), Vitamin B3: 2.82mg (14.12%), Manganese: 0.28mg (13.94%), Calcium: 112.28mg (11.23%), Iron: 1.89mg (10.49%), Selenium: 4.67µg (6.67%), Vitamin B5: 0.55mg (5.53%), Magnesium: 21.6mg (5.4%), Fiber: 1.26g (5.04%), Copper: 0.1mg (4.86%), Potassium: 157.37mg (4.5%), Vitamin B12: 0.23µg (3.9%), Vitamin B6: 0.08mg (3.9%), Vitamin K: 3.9µg (3.71%), Zinc: 0.44mg (2.93%)