



Yogurt Streusel Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup yogurt plain low-fat

- ☐ 0.7 cups walnuts finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 4 tablespoons butter unsalted cooled melted ()
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ wooden spoon
- ☐ muffin tray

Directions

- ☐ Make streusel topping: In a small bowl, combine streusel ingredients and pinch together into large crumbs.
- ☐ Place bowl in freezer.
- ☐ Make muffins: Preheat oven to 375F. Line cups of a muffin tin with paper liners. In a large bowl, whisk butter, sugar, eggs, vanilla and yogurt. Stir in flour, baking powder, baking soda, cinnamon and salt with a wooden spoon. Fill each muffin cup with batter. Scatter streusel topping over each muffin and press lightly on crumbs so they adhere to batter.
- ☐ Bake until tops are golden, 17 to 20 minutes.
- ☐ Let muffins cool in pan set on a wire rack for 5 minutes, then remove muffins to rack to cool completely.

Nutrition Facts



 **PROTEIN 8.04%**  **FAT 38.19%**  **CARBS 53.77%**

Properties

Glycemic Index:22.26, Glycemic Load:19.44, Inflammation Score:-3, Nutrition Score:6.6143478051476%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 261.07kcal (13.05%), Fat: 11.27g (17.33%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 34.56g (12.57%), Sugar: 18.76g (20.85%), Cholesterol: 47.28mg (15.76%), Sodium: 207.15mg (9.01%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 5.34g (10.68%), Manganese: 0.42mg (20.82%), Selenium: 10.83µg (15.47%), Vitamin B1: 0.2mg (13.23%), Folate: 50.94µg (12.74%), Vitamin B2: 0.2mg (11.73%), Phosphorus: 100.3mg (10.03%), Calcium: 80.58mg (8.06%), Iron: 1.43mg (7.93%), Copper: 0.15mg (7.4%), Vitamin B3: 1.35mg (6.73%), Magnesium: 20.3mg (5.07%), Vitamin A: 232.38IU (4.65%), Fiber: 1.13g (4.53%), Zinc: 0.65mg (4.34%), Vitamin B5: 0.39mg (3.93%), Vitamin B6: 0.07mg (3.57%), Potassium: 121.92mg (3.48%), Vitamin B12: 0.2µg (3.34%), Vitamin E: 0.32mg (2.13%), Vitamin D: 0.27µg (1.81%)