



Apricot-Almond Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup apricot preserves
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons canola oil
- ☐ 1 large eggs

- ☐ 1 large egg white
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole-wheat

Equipment

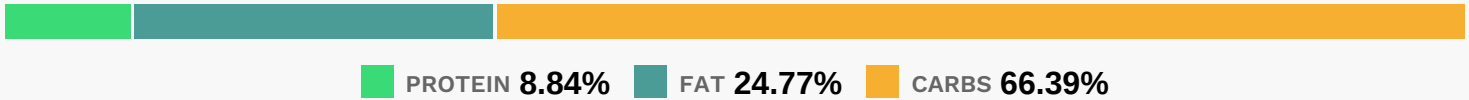
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ spatula
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Combine preserves and almond extract in a small bowl.
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine the brown sugar, egg, and egg white in a medium bowl, and stir well with a whisk.
- ☐ Add the buttermilk, canola oil, orange rind, and vanilla, and stir well.
- ☐ Add to the flour mixture, stirring just until moist.

- ☐
- Spoon 2 tablespoons batter into each of 12 muffin cups coated with cooking spray. Divide the apricot mixture evenly in the center of each muffin cup (do not spread over the batter), and top with the remaining batter.
- ☐
- Sprinkle the batter evenly with 2 teaspoons granulated sugar and almonds.
- ☐
- Bake at 400 for 20 minutes or until the muffins spring back when touched lightly in center. Run a knife or spatula around the outer edge of each muffin cup. Carefully remove each muffin, and place on a wire rack.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:6.36, Inflammation Score:-2, Nutrition Score:6.3647826417633%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.39kcal (9.62%), Fat: 5.45g (8.38%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 32.85g (10.95%), Net Carbohydrates: 31.19g (11.34%), Sugar: 15.03g (16.7%), Cholesterol: 16.3mg (5.43%), Sodium: 242.57mg (10.55%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 4.38g (8.75%), Manganese: 0.53mg (26.73%), Selenium: 12.34µg (17.62%), Vitamin B1: 0.14mg (9.66%), Phosphorus: 94.34mg (9.43%), Vitamin B2: 0.15mg (9.1%), Vitamin E: 1.25mg (8.32%), Calcium: 75.45mg (7.55%), Folate: 27.66µg (6.92%), Fiber: 1.66g (6.63%), Iron: 1.17mg (6.51%), Magnesium: 25.65mg (6.41%), Vitamin B3: 1.22mg (6.08%), Copper: 0.1mg (4.83%), Zinc: 0.54mg (3.61%), Potassium: 123.17mg (3.52%), Vitamin B6: 0.07mg (3.42%), Vitamin K: 2.75µg (2.62%), Vitamin B5: 0.25mg (2.55%), Vitamin C: 1.52mg (1.84%), Vitamin B12: 0.08µg (1.39%), Vitamin A: 54.43IU (1.09%)