



## Apricot Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 13.9 oz corn muffin mix quick
- ☐ 0.8 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 2 eggs
- ☐ 0.5 cup apricot dried chopped
- ☐ 0.3 cup golden raisins
- ☐ 1.5 teaspoons orange zest grated

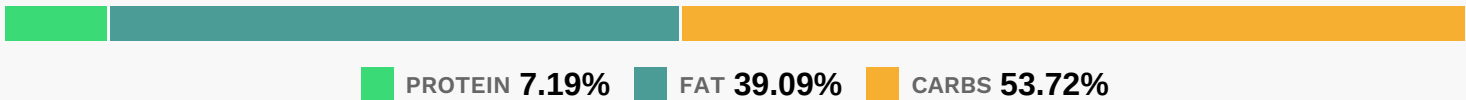
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Heat oven to 425°F.
- ☐ Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
- ☐ In medium bowl, stir Muffin
- ☐ Mix, milk, oil, eggs, apricots, raisins and 1 teaspoon of the orange peel just until blended. Divide batter among muffin cups (each about two-thirds full). In small bowl, stir together Streusel and remaining 1/2 teaspoon grated orange peel; sprinkle over batter.
- ☐ Bake 18 to 22 minutes or until muffins are golden brown and toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:2.99, Inflammation Score:-3, Nutrition Score:6.0004347277724%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 222.51kcal (11.13%), Fat: 9.78g (15.05%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 27.53g (10.01%), Sugar: 12.72g (14.13%), Cholesterol: 29.77mg (9.92%), Sodium: 285.53mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Phosphorus: 199.03mg (19.9%), Fiber: 2.72g (10.87%), Vitamin B1: 0.15mg (10.21%), Vitamin K: 10.37µg (9.88%), Vitamin B2: 0.16mg (9.16%), Folate: 34.72µg (8.68%), Manganese: 0.13mg (6.56%), Vitamin B3: 1.31mg (6.54%), Iron: 1.17mg (6.49%), Selenium: 4.53µg (6.47%), Vitamin A: 298.34IU (5.97%), Vitamin E: 0.75mg (4.99%), Calcium: 47.1mg (4.71%), Potassium: 163.51mg (4.67%),

Vitamin B6: 0.09mg (4.25%), Vitamin B5: 0.36mg (3.62%), Magnesium: 13.79mg (3.45%), Copper: 0.07mg (3.34%),  
Vitamin B12: 0.18µg (2.95%), Zinc: 0.38mg (2.53%), Vitamin D: 0.31µg (2.1%)