



Cinnamon-Orange Mini Muffins

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup milk
- ☐ 1 teaspoon orange zest grated
- ☐ 1 eggs
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted

☐ 2 cups frangelico

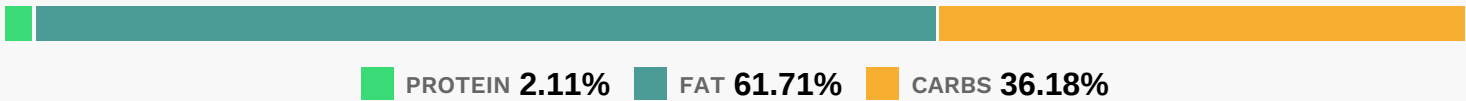
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 24 miniature (1 3/4x1 inch) muffin cups with shortening or cooking spray, or line with paper baking cups.
- ☐ In medium bowl, stir Bisquick mix, 1/4 cup sugar, the softened butter, milk, orange peel and egg until blended; beat vigorously with spoon 30 seconds. Divide batter evenly among muffin cups.
- ☐ Bake 10 to 12 minutes or until light golden brown. In small bowl, stir together 2/3 cup sugar and the cinnamon. Immediately roll tops of muffins in melted butter, then in cinnamon-sugar mixture.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:0.7308695509058%

Nutrients (% of daily need)

Calories: 86.37kcal (4.32%), Fat: 6.07g (9.34%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.96g (2.89%), Sugar: 7.88g (8.75%), Cholesterol: 7.43mg (2.48%), Sodium: 71.52mg (3.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin A: 272.47IU (5.45%), Vitamin E: 0.24mg (1.63%), Vitamin B2: 0.02mg (1.15%), Phosphorus: 10.47mg (1.05%), Calcium: 10.45mg (1.05%), Selenium: 0.71µg (1.01%)