



Citrus-Mango Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 3 teaspoons juice of lime
- ☐ 1 tablespoon lime zest grated
- ☐ 1 cup mangos diced pitted
- ☐ 1 cup milk

- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil

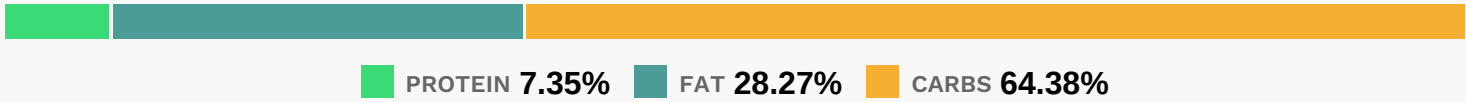
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F. Grease bottoms only of 6 jumbo (3 1/2x1 3/4-inch) muffin cups or 12 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups.
- ☐ In medium bowl, beat egg slightly. Stir in remaining muffin ingredients except mango just until moistened. Stir in mango. Divide batter evenly among muffin cups.
- ☐ Bake 25 to 35 minutes or until golden brown.
- ☐ Meanwhile, in small bowl, mix glaze ingredients until smooth and thin enough to drizzle. Immediately remove muffins from pan to cooling rack.
- ☐ Drizzle glaze over muffins.
- ☐ Serve warm if desired.

Nutrition Facts



Properties

Glycemic Index:59.81, Glycemic Load:33.75, Inflammation Score:-5, Nutrition Score:10.806521737057%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 366.66kcal (18.33%), Fat: 11.63g (17.9%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 59.6g (19.87%), Net Carbohydrates: 58g (21.09%), Sugar: 26.79g (29.77%), Cholesterol: 32.16mg (10.72%), Sodium: 362.48mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.61%), Selenium: 17.45µg (24.93%), Vitamin B1: 0.36mg (24.09%), Folate: 91.85µg (22.96%), Vitamin B2: 0.31mg (18.26%), Vitamin K: 18.15µg (17.28%), Manganese: 0.31mg (15.36%), Calcium: 142.76mg (14.28%), Vitamin B3: 2.7mg (13.49%), Phosphorus: 134.19mg (13.42%), Vitamin C: 11.05mg (13.4%), Iron: 2.28mg (12.64%), Vitamin A: 404.78IU (8.1%), Vitamin E: 1.12mg (7.47%), Fiber: 1.61g (6.42%), Vitamin B5: 0.51mg (5.06%), Copper: 0.1mg (4.96%), Potassium: 166.58mg (4.76%), Vitamin B12: 0.28µg (4.75%), Magnesium: 18.3mg (4.58%), Vitamin B6: 0.09mg (4.49%), Vitamin D: 0.59µg (3.96%), Zinc: 0.58mg (3.89%)