

Citrus Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons sugar
- ☐ 3 teaspoons lemon zest grated
- ☐ 0.7 cup milk
- ☐ 0.3 cup vegetable oil
- ☐ 1 eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons double-acting baking powder

☐ 0.5 teaspoon salt

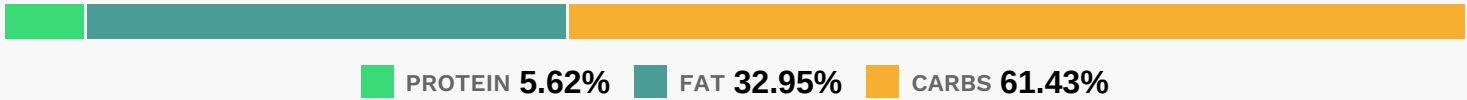
Equipment

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

Directions

- ☐ Heat oven to 400° F. Line 12 muffin cups with paper baking cups. In small bowl, mix 3 tablespoons sugar and 1 teaspoon of the orange peel; set aside.
- ☐ In medium bowl, beat milk, oil and egg with fork. Stir in flour, 3/4 cup sugar, the baking powder, salt and remaining 2 teaspoons orange peel just until moistened. Divide batter evenly among muffin cups.
- ☐ Sprinkle sugar–orange peel mixture evenly over batter.
- ☐ Bake 15 to 18 minutes or until golden brown. Cool 5 minutes; remove from pan.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:20.81, Inflammation Score:-1, Nutrition Score:4.0982608924741%

Nutrients (% of daily need)

Calories: 190.37kcal (9.52%), Fat: 7.06g (10.86%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 29.09g (10.58%), Sugar: 16.2g (18%), Cholesterol: 15.27mg (5.09%), Sodium: 178.45mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 11.24µg (10.7%), Selenium: 7.37µg (10.52%), Vitamin B1: 0.15mg (9.71%), Folate: 33.56µg (8.39%), Vitamin B2: 0.12mg (7.33%), Calcium: 61.39mg (6.14%), Manganese: 0.12mg (6.05%), Phosphorus: 54.37mg (5.44%), Iron: 0.96mg (5.32%), Vitamin B3: 1.04mg (5.22%), Vitamin E: 0.55mg (3.68%), Fiber: 0.52g (2.09%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.11µg (1.76%), Magnesium: 6.14mg (1.54%), Zinc: 0.23mg (1.52%), Vitamin D: 0.22µg (1.48%), Copper: 0.03mg (1.47%), Potassium: 45.23mg (1.29%), Vitamin B6: 0.02mg (1.15%)