



## Date Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup dates finely chopped
- 1 large eggs lightly beaten
- 1.5 cups flour all-purpose
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 1 tablespoon shortening
- 1 cup sugar

1 teaspoon vanilla extract

1 cup water boiling

## Equipment

bowl

oven

## Directions

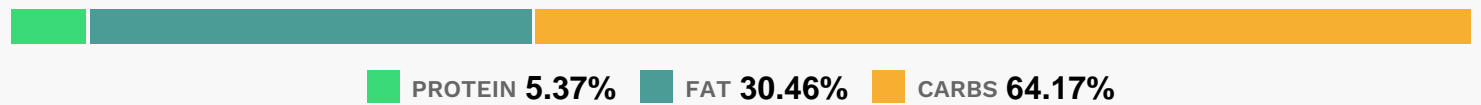
Combine first 3 ingredients; let stand 1 hour. Stir in egg and vanilla.

Combine flour and next 4 ingredients in a bowl; make a well in center of mixture.

Add date mixture, stirring just until moistened. Spoon into greased muffin pans, filling three-fourths full.

Bake at 350 for 25 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.92, Glycemic Load:24.65, Inflammation Score:-2, Nutrition Score:5.6652174643848%

## Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 234.88kcal (11.74%), Fat: 8.26g (12.7%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 36.86g (13.4%), Sugar: 24.86g (27.62%), Cholesterol: 15.5mg (5.17%), Sodium: 139.93mg (6.08%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.27g (6.54%), Manganese: 0.55mg (27.51%), Vitamin B1: 0.19mg (12.73%), Selenium: 7.39µg (10.56%), Fiber: 2.27g (9.1%), Folate: 34.88µg (8.72%), Copper: 0.16mg (8.22%), Vitamin B2: 0.12mg (7.04%), Iron: 1.2mg (6.67%), Phosphorus: 65.2mg (6.52%), Vitamin B3: 1.19mg (5.94%), Magnesium: 20.53mg (5.13%), Zinc: 0.61mg (4.1%), Potassium: 140.98mg (4.03%), Calcium: 36.27mg (3.63%),

Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.67%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.28µg (1.21%)