



## Glazed Citrus Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup egg substitute
- 1.8 cups flour all-purpose
- 1 tablespoon juice of lemon fresh
- 0.8 cup nonfat buttermilk low-fat
- 0.3 cup orange juice concentrate frozen thawed
- 0.3 cup orange marmalade spreadable fruit
- 1 tablespoon orange rind grated

- 0.3 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons vegetable oil
- 1 tablespoon water

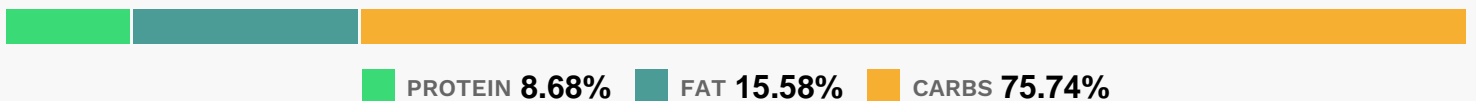
## Equipment

- bowl
- sauce pan
- oven

## Directions

- Preheat oven to 400
- Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- Combine buttermilk and next 4 ingredients, stirring well; add to dry ingredients, stirring just until dry ingredients are moistened.
- Spoon batter into muffin pans coated with cooking spray, filling three-fourths full.
- Bake at 400 for 15 minutes. Do not remove muffins from pans.
- Combine marmalade, lemon juice, and water in a small saucepan; place over low heat until melted, stirring often.
- Drizzle glaze evenly over warm muffins in pans.
- Remove from pans, and cool completely.
- Glazed Citrus Mini-Muffins: Prepare batter as directed. Spoon into miniature muffin pans; bake at 400 for 14 minutes.
- Drizzle glaze over warm muffins in pans.
- Remove from pans, and cool completely.

## Nutrition Facts



## Properties

Glycemic Index:19.76, Glycemic Load:14.03, Inflammation Score:-2, Nutrition Score:4.2839130150235%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 141.89kcal (7.09%), Fat: 2.48g (3.82%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 26.5g (9.64%), Sugar: 12.22g (13.58%), Cholesterol: 0.3mg (0.1%), Sodium: 157.59mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin C: 10.27mg (12.44%), Selenium: 8.35µg (11.93%), Vitamin B1: 0.17mg (11.11%), Folate: 39.72µg (9.93%), Vitamin B2: 0.12mg (7.24%), Manganese: 0.13mg (6.47%), Vitamin B3: 1.16mg (5.78%), Iron: 1.02mg (5.67%), Vitamin K: 4.26µg (4.05%), Phosphorus: 34.67mg (3.47%), Calcium: 33.68mg (3.37%), Fiber: 0.66g (2.62%), Vitamin E: 0.32mg (2.12%), Potassium: 72.37mg (2.07%), Vitamin B5: 0.2mg (2.01%), Copper: 0.04mg (1.91%), Magnesium: 7.25mg (1.81%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.19mg (1.28%)