



Golden Coconut Almond Muffins



Vegetarian



Vegan



Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

12

CALORIES

calories

214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.3 cup almonds toasted chopped



1.5 teaspoons double-acting baking powder



0.5 teaspoon baking soda



1 cup coconut or shredded



0.3 cup olive oil extra virgin



1.5 cups flour all-purpose



0.3 cup orange juice



0.8 teaspoon orange zest

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup coconut milk unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

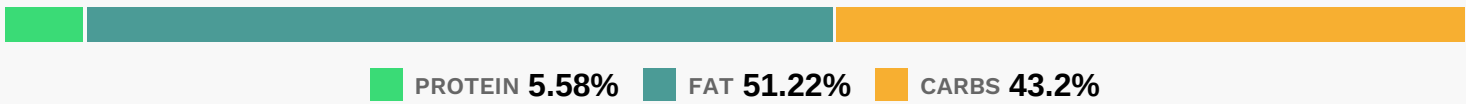
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 12 cup muffin pan.
- ☐ In a large bowl, mix flour, shredded coconut, sugar, almonds, baking powder, orange zest, baking soda, and salt.
- ☐ In a medium bowl, whisk together coconut milk, orange juice, olive oil, and vanilla extract.
- ☐ Pour into the flour mixture, and stir until just blended.
- ☐ Transfer to the prepared muffin pan.
- ☐ Bake 15 minutes in the preheated oven, until a knife inserted in the center of a muffin comes out clean. Turn onto a wire rack to cool before serving.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:14.92, Inflammation Score:-2, Nutrition Score:5.6873913679434%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 213.51kcal (10.68%), Fat: 12.48g (19.19%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 21.8g (7.93%), Sugar: 9.92g (11.03%), Cholesterol: 0mg (0%), Sodium: 151.24mg (6.58%), Alcohol: 0.1g (100%), Alcohol %: 0.24% (100%), Protein: 3.06g (6.12%), Manganese: 0.44mg (21.84%), Vitamin E: 1.72mg (11.43%), Selenium: 7.12µg (10.17%), Vitamin B1: 0.14mg (9.6%), Folate: 36.06µg (9.02%), Iron: 1.38mg (7.65%), Vitamin B2: 0.13mg (7.49%), Fiber: 1.87g (7.49%), Phosphorus: 70.39mg (7.04%), Copper: 0.14mg (6.78%), Vitamin B3: 1.24mg (6.2%), Magnesium: 22.62mg (5.65%), Calcium: 46.71mg (4.67%), Vitamin C: 3.39mg (4.11%), Potassium: 120.43mg (3.44%), Zinc: 0.41mg (2.74%), Vitamin K: 2.79µg (2.66%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.02mg (1.16%)