



## Good Morning Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup granulated sugar generous
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 1 cup orange juice
- ☐ 1.5 cups orange marmalade sweet use 2 cups if you like the bitter marmalade taste, less if you don't
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 4 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 24 servings wheat germ for sprinkling
- ☐ 3 eggs whole beaten

## Equipment

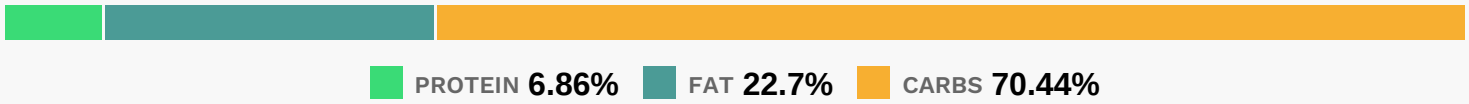
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ pastry cutter

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ For the muffin batter: Sift together the flour, granulated sugar and baking powder.
- ☐ Place the flour mixture in a mixing bowl. Use a pastry cutter to mix in the butter and shortening.
- ☐ Mix the marmalade, orange juice and vanilla in a small bowl.
- ☐ Pour the marmalade mixture into the flour mixture.
- ☐ Pour the eggs into the bowl.
- ☐ Mix all ingredients together gently, using fewer than 10 large strokes.
- ☐ Mix the granulated sugar, brown sugar, butter, cinnamon, nutmeg and salt in a small bowl.
- ☐ Fill muffin pans with batter.

- ☐
- Sprinkle 1 heaping teaspoon of topping ingredients over each muffin.
- ☐
- Sprinkle 1/2 teaspoon wheat germ over the top for extra crunch if desired.
- ☐
- Bake until done, 20 to 22 minutes.
- ☐
- Remove the muffins from the pan and cool on a wire rack. Eat warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:18.14, Inflammation Score:-3, Nutrition Score:8.4156522154808%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 244.25kcal (12.21%), Fat: 6.31g (9.72%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 42.59g (15.49%), Sugar: 23.55g (26.17%), Cholesterol: 27.99mg (9.33%), Sodium: 183.26mg (7.97%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 4.29g (8.58%), Manganese: 0.9mg (45.02%), Selenium: 13.36µg (19.08%), Vitamin B1: 0.28mg (18.7%), Folate: 61.26µg (15.32%), Phosphorus: 105.35mg (10.53%), Vitamin B2: 0.17mg (9.81%), Iron: 1.6mg (8.89%), Vitamin B3: 1.67mg (8.34%), Calcium: 79.75mg (7.97%), Vitamin C: 6.13mg (7.43%), Zinc: 0.91mg (6.1%), Fiber: 1.51g (6.05%), Copper: 0.1mg (5.19%), Magnesium: 20.72mg (5.18%), Vitamin B6: 0.1mg (4.97%), Vitamin B5: 0.34mg (3.44%), Potassium: 112.42mg (3.21%), Vitamin A: 150.56IU (3.01%), Vitamin E: 0.3mg (2%), Vitamin K: 1.5µg (1.43%)