



## Honey Nut Fruit Muffins

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



18

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 1 cup dates pitted chopped
- 3 apples i use 2 granny smith apples shredded cored peeled
- 1 cup grapes green seedless chopped
- 1 teaspoon ground cinnamon
- 0.5 cup honey
- 2 orange zest juiced
- 3 cups self raising flour

- 0.5 cup walnut pieces chopped
- 1 cup water

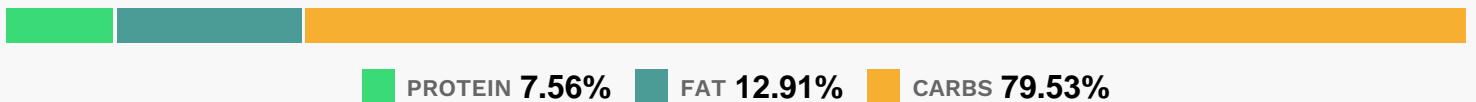
## Equipment

- sauce pan
- oven
- mixing bowl
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 18 muffin cups, or line with papers.
- Mix the water, honey, dates, and baking soda together in a saucepan, and bring to a boil. Reduce heat to a simmer, and cook until the dates are soft, about 2 minutes.
- Remove from heat, and allow to cool. When cool, pour the mixture into a mixing bowl, and combine with orange juice and zest, shredded apples, grapes, cinnamon, and walnuts; stir to combine.
- Mix in the flour, and spoon the batter into the prepared muffin cups.
- Bake until set and golden brown on top, 25 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.24, Glycemic Load:18.5, Inflammation Score:-1, Nutrition Score:3.8817391576974%

## Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 171.25kcal (8.56%), Fat: 2.57g (3.95%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 33.17g (12.06%), Sugar: 17.52g (19.46%), Cholesterol: 0mg (0%), Sodium: 63mg (2.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Manganese: 0.34mg (17.04%), Selenium: 8.78µg (12.54%), Fiber: 2.39g (9.58%), Copper: 0.13mg (6.62%), Vitamin C: 3.6mg (4.37%), Phosphorus: 42.26mg (4.23%), Magnesium: 16.64mg (4.16%), Potassium: 145.42mg (4.15%), Folate: 13.28µg (3.32%), Vitamin B6: 0.06mg (3.15%), Vitamin B1: 0.04mg (2.97%), Iron: 0.49mg (2.73%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.35mg (2.31%), Vitamin K: 2.3µg (2.19%), Vitamin B3: 0.42mg (2.08%), Vitamin B5: 0.19mg (1.94%), Calcium: 16.37mg (1.64%), Vitamin E: 0.19mg (1.24%)