

Taste of Home

Mandarin Orange Breakfast Bites

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups flour all-purpose
- 0.5 cup sugar
- 1.8 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.5 teaspoon nutmeg
- 0.5 cup butter softened
- 1 eggs
- 0.5 cup milk

- 1 teaspoon almond extract
- 11 ounces mandarin orange segments diced drained canned
- 0.3 cup sugar
- 1 teaspoon ground cinnamon
- 0.5 cup butter melted

Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- In a large bowl, combine the first five ingredients.
- Cut in butter until mixture resembles coarse crumbs. In another bowl, whisk the egg, milk and extract. Stir into crumb mixture just until moistened. Fold in oranges.
- Fill greased or paper-lined miniature muffin cups two-thirds full.
- Bake at 350° for 15–20 minutes. Cool for 5 minutes before removing from pans to wire racks.
- Combine sugar and cinnamon. Dip tops of warm muffins in melted butter, then in cinnamon-sugar.

Nutrition Facts



PROTEIN 4.01% **FAT 52.75%** **CARBS 43.24%**

Properties

Glycemic Index:18.74, Glycemic Load:7.97, Inflammation Score:-2, Nutrition Score:1.9717391159223%

Flavonoids

Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg

Nutrients (% of daily need)

Calories: 109.29kcal (5.46%), Fat: 6.53g (10.05%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 11.64g (4.23%), Sugar: 6.9g (7.66%), Cholesterol: 22.21mg (7.4%), Sodium: 116.19mg (5.05%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Protein: 1.12g (2.23%), Vitamin A: 274.62IU (5.49%), Selenium: 2.77µg (3.96%), Vitamin B1: 0.06mg (3.9%), Folate: 14.05µg (3.51%), Vitamin C: 2.78mg (3.37%), Manganese: 0.06mg (3.03%), Vitamin B2: 0.05mg (2.98%), Calcium: 26.96mg (2.7%), Phosphorus: 22.89mg (2.29%), Vitamin B3: 0.42mg (2.09%), Iron: 0.37mg (2.05%), Fiber: 0.4g (1.59%), Vitamin E: 0.22mg (1.46%)