



Marmalade muffins

READY IN



25 min.

SERVINGS



9

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 175 g flour plain
- ☐ 25 g porridge oat for sprinkling
- ☐ 175 g brown sugar light soft
- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp bicarbonate of soda
- ☐ 1 orange zest
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 150 g pot yogurt plain
- ☐ 1 large eggs

☐ 9 tsp chunky marmalade

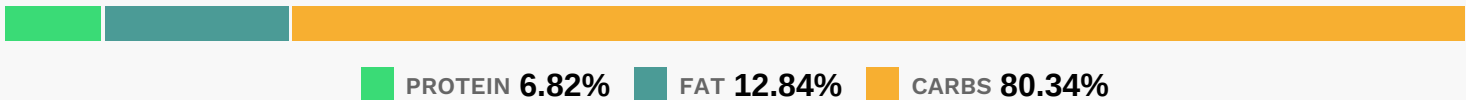
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Heat oven to 200C/180C fan/ gas 6 and line a muffin tin with 9 paper cases.
- ☐ Combine the flour, oats, sugar, baking powder and bicarb in a bowl.
- ☐ Whisk the orange zest and juice, oil, yogurt and egg together with a fork, then lightly stir the 2 mixtures together until just combined.
- ☐ Spoon 1 tbsp of the mixture into each muffin case, top with 1 tsp of marmalade, then cover with the remaining muffin mix and a sprinkling of oats.
- ☐ Bake for 15–20 mins until cooked through and golden, then leave to cool slightly.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:13.8, Inflammation Score:-2, Nutrition Score:4.7104348073835%

Nutrients (% of daily need)

Calories: 199.53kcal (9.98%), Fat: 2.87g (4.41%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 39.57g (14.39%), Sugar: 23.11g (25.68%), Cholesterol: 22.83mg (7.61%), Sodium: 147.88mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Selenium: 9.2µg (13.15%), Vitamin B1: 0.16mg (10.97%), Folate: 40.89µg (10.22%), Vitamin B2: 0.15mg (8.95%), Manganese: 0.17mg (8.31%), Calcium: 76.16mg (7.62%), Iron: 1.27mg (7.07%), Phosphorus: 63.56mg (6.36%), Vitamin B3: 1.21mg (6.03%), Vitamin E: 0.73mg (4.89%), Fiber: 0.79g (3.17%), Vitamin C: 2.51mg (3.05%), Vitamin B5: 0.28mg (2.77%), Copper: 0.05mg (2.65%), Potassium: 90.43mg (2.58%), Magnesium: 10.16mg (2.54%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.11µg (1.85%), Vitamin B6: 0.04mg (1.76%), Vitamin A: 52.1IU (1.04%)