



WHATSheATE



Marvelous Mango Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Teaspoon baking soda
- ☐ 0.3 cup neutral-tasting baking oil melted your favorite (I used grapeseed)
- ☐ 0.3 Teaspoon cardamom
- ☐ 0.5 cup honey for drizzling
- ☐ 0.5 cup mangos diced (I it small, the size of raisins)
- ☐ 1.5 cups pear puree very ripe
- ☐ 0.5 Teaspoon salt
- ☐ 1.5 Teaspoons vanilla extract

☐ 2 cups pastry flour whole wheat all-purpose (or flour, or half flour / half regular flour)

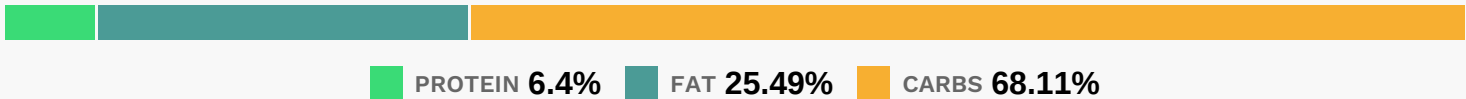
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat your oven to 350°F.Prepare 12 muffin cups (I use silicone, and they work best without greasing)
- ☐ Combine the flour, baking soda, salt, and spice (if using) in a medium-sized bowl.Blend the mango puree, honey, oil, and vanilla in a large bowl (if using the “milk” or egg options below, then add them now).Fold the dry ingredients to the wet, along with the diced mango, and stir with a spoon just until combined.Some lumps are okay. You don’t want to overmix or the muffins will be dense.
- ☐ Bake the muffins for 25 to 30 minutes, or until they begin to brown slightly, pull away from the sides, and a toothpick inserted in a muffin comes out clean.
- ☐ Drizzle the muffin tops with the tablespoon of honey.
- ☐ Let the muffins cool for 15 minutes in the cups
- ☐ Remove the muffins to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:8.76, Inflammation Score:-5, Nutrition Score:7.820869549461%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 176.99kcal (8.85%), Fat: 5.31g (8.18%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.13g (10.59%), Sugar: 17.05g (18.95%), Cholesterol: 0mg (0%), Sodium: 189.5mg (8.24%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3g (6.01%), Manganese: 0.86mg (42.89%), Selenium: 12.71µg (18.15%), Vitamin C: 14.18mg (17.18%), Fiber: 2.81g (11.24%), Vitamin E: 1.31mg (8.72%), Vitamin A: 421.2IU (8.42%), Magnesium: 31.65mg (7.91%), Phosphorus: 77.45mg (7.74%), Vitamin B1: 0.11mg (7.42%), Vitamin B6: 0.13mg (6.55%), Copper: 0.13mg (6.53%), Folate: 25.75µg (6.44%), Vitamin B3: 1.27mg (6.35%), Vitamin K: 5.35µg (5.09%), Iron: 0.85mg (4.7%), Potassium: 145.98mg (4.17%), Zinc: 0.59mg (3.92%), Vitamin B2: 0.05mg (3.15%), Vitamin B5: 0.21mg (2.07%), Calcium: 12.44mg (1.24%)