



Mini Whole Wheat Apricot Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup flour all-purpose
- 0.3 cup flour whole wheat
- 0.3 cup sugar
- 0.8 teaspoon orange zest grated
- 0.5 teaspoon baking soda
- 0.1 teaspoon salt
- 0.5 cup buttermilk
- 2 tablespoons butter melted

- 0.3 teaspoon vanilla
- 1 egg whites
- 0.5 cup apricot dried finely chopped

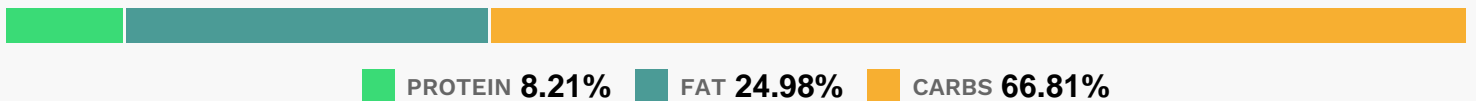
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Heat oven to 375°F. Spray 24 mini muffin cups with cooking spray.
- In medium bowl, mix flours, sugar, orange peel, baking soda and salt; make well in center of mixture. In small bowl, stir buttermilk, melted butter, vanilla and egg white with whisk; add to flour mixture, stirring just until moistened. Fold in apricots. Divide batter evenly among muffin cups.
- Bake 10 minutes or until tops spring back when touched lightly in center. Immediately remove from pans to cooling racks.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.3643478142179%

Nutrients (% of daily need)

Calories: 41.99kcal (2.1%), Fat: 1.2g (1.85%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.78g (2.47%), Sugar: 3.8g (4.22%), Cholesterol: 3.06mg (1.02%), Sodium: 50.12mg (2.18%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.89g (1.78%), Manganese: 0.09mg (4.62%), Selenium: 2.43µg (3.47%), Vitamin A: 135.43IU (2.71%), Vitamin B1: 0.03mg (2.12%), Vitamin B2: 0.03mg (1.92%), Fiber: 0.45g (1.81%), Vitamin B3: 0.31mg (1.57%), Phosphorus: 15.42mg (1.54%), Folate: 6.12µg (1.53%), Iron: 0.26mg (1.43%), Potassium:

49.56mg (1.42%), Magnesium: 4.4mg (1.1%), Vitamin E: 0.16mg (1.08%), Copper: 0.02mg (1.08%)