

Nutty Date Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter melted
- 0.3 cup dates chopped
- 1 eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon nutmeg
- 0.3 cup milk

- 0.3 cup pecans chopped
- 0.1 teaspoon salt
- 0.3 cup sugar

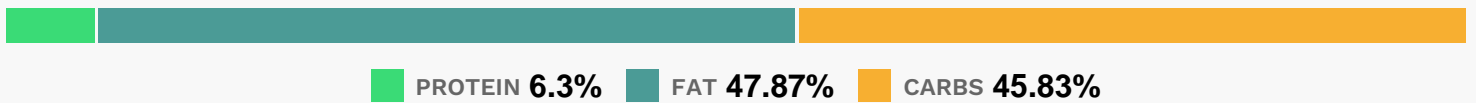
Equipment

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

Directions

- In a bowl, combine the flour, sugar, baking powder, cinnamon, salt and nutmeg. In another bowl, whisk the egg, milk and butter; stir into dry ingredients just until moistened. Fold in the dates and pecans.
- Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 400° for 15–20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing to a wire rack.

Nutrition Facts



Properties

Glycemic Index:77.02, Glycemic Load:17.02, Inflammation Score:-3, Nutrition Score:5.4547826508465%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg,

Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 225.03kcal (11.25%), Fat: 12.29g (18.91%), Saturated Fat: 5.66g (35.38%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 25.03g (9.1%), Sugar: 13.12g (14.58%), Cholesterol: 49.24mg (16.41%), Sodium: 196.04mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Manganese: 0.36mg (18.02%), Selenium: 8.31µg (11.88%), Vitamin B1: 0.17mg (11.13%), Folate: 34.53µg (8.63%), Vitamin B2: 0.14mg (8.49%), Phosphorus: 78.54mg (7.85%), Calcium: 72mg (7.2%), Iron: 1.13mg (6.25%), Vitamin A: 301.61IU (6.03%), Fiber: 1.45g (5.79%), Vitamin B3: 1.08mg (5.4%), Copper: 0.1mg (4.84%), Magnesium: 14.62mg (3.65%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.32mg (3.18%), Potassium: 109.42mg (3.13%), Vitamin B12: 0.15µg (2.58%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.39%), Vitamin D: 0.3µg (1.97%), Vitamin K: 1.15µg (1.09%)