



Orange Almond Mini-Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup milk
- 0.3 cup vegetable oil
- 0.3 cup orange juice concentrate frozen thawed
- 2 teaspoons orange zest grated
- 0.5 teaspoon almond extract
- 1 eggs slightly beaten
- 2.3 cups flour all-purpose
- 0.5 cup granulated sugar

- 3 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup blanched almonds and finely chopped
- 2 tablespoons evaporated cane juice
- 2 tablespoons blanched almonds and finely chopped

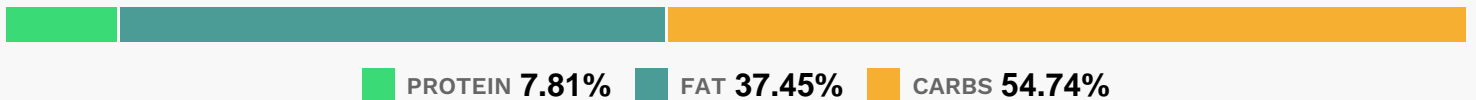
Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Heat oven to 400°F. Grease bottoms only of 24 small muffin cups, 1 3/4x1 inch, or line with paper baking cups.
- In large bowl, beat milk, oil, juice concentrate, orange peel, almond extract and egg with spoon until blended. Stir in flour, granulated sugar, baking powder and salt all at once just until flour is moistened (batter will be lumpy). Stir in 1/3 cup almonds. Divide batter evenly among cups.
- Sprinkle with sugar crystals and 2 tablespoons almonds.
- Bake muffins 10 to 15 minutes or until light golden brown. Immediately remove from pan to wire rack.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:9.64, Inflammation Score:-2, Nutrition Score:3.653043448925%

Nutrients (% of daily need)

Calories: 116.33kcal (5.82%), Fat: 4.93g (7.59%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.6g (5.67%), Sugar: 6.61g (7.35%), Cholesterol: 7.74mg (2.58%), Sodium: 83.71mg (3.64%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 2.32g (4.63%), Vitamin B1: 0.11mg (7.35%), Selenium: 4.8µg (6.86%), Manganese: 0.13mg (6.49%), Folate: 25.89µg (6.47%), Vitamin E: 0.91mg (6.04%), Vitamin B2: 0.1mg (5.96%), Vitamin C: 4.52mg (5.47%), Vitamin K: 5.64µg (5.37%), Calcium: 49.07mg (4.91%), Phosphorus: 49.15mg (4.91%), Vitamin B3: 0.83mg (4.13%), Iron: 0.73mg (4.05%), Magnesium: 11.82mg (2.95%), Fiber: 0.62g (2.48%), Copper: 0.05mg (2.35%), Potassium: 63.06mg (1.8%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.19%)