



Orange-Almond Streusel Muffins

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



12

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup almonds sliced
- 2 tablespoons almonds sliced
- 0.3 cup brown sugar packed
- 2 tablespoons brown sugar packed
- 1 tablespoon butter
- 1 eggs
- 0.5 cup orange juice

- 1 teaspoon orange zest grated
- 0.3 cup vegetable oil
- 1 tablespoon frangelico
- 2 cups frangelico
- 1 tablespoon frangelico
- 2 cups frangelico

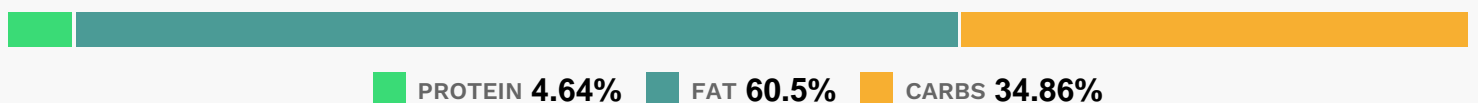
Equipment

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

Directions

- Heat oven to 400F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or line muffin cups with paper baking cups. In medium bowl, mix 1 tablespoon Bisquick mix, 2 tablespoons brown sugar and 2 tablespoons almonds. With fork, cut in butter until crumbly. Set aside.
- In large bowl, mix orange peel, orange juice, 1/3 cup brown sugar, the oil, almond extract and egg. Stir in 2 cups Bisquick mix just until moistened. Stir in 1/4 cup almonds. Divide batter evenly among muffin cups.
- Sprinkle with streusel topping.
- Bake 13 to 15 minutes or until golden brown. Immediately remove from pan to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:2.5560869419056%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 110.64kcal (5.53%), Fat: 7.64g (11.75%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.42g (3.43%), Sugar: 8.93g (9.92%), Cholesterol: 13.64mg (4.55%), Sodium: 18.64mg (0.81%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Protein: 1.32g (2.63%), Vitamin E: 1.37mg (9.12%), Vitamin K: 8.37µg (7.97%), Vitamin C: 5.4mg (6.54%), Manganese: 0.09mg (4.5%), Vitamin B2: 0.06mg (3.61%), Magnesium: 12.07mg (3.02%), Phosphorus: 26.89mg (2.69%), Copper: 0.05mg (2.41%), Calcium: 20.2mg (2.02%), Selenium: 1.38µg (1.97%), Fiber: 0.49g (1.95%), Potassium: 63.87mg (1.82%), Vitamin A: 82.93IU (1.66%), Folate: 6.54µg (1.64%), Iron: 0.28mg (1.54%), Vitamin B1: 0.02mg (1.23%), Zinc: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.05%)