



## Orange-Date Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



358 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons baking soda
- 2 cups firmly brown sugar light packed
- 1 cup butter softened
- 1 tablespoon butter melted
- 1 cup buttermilk
- 1 cup dates chopped
- 2 large eggs
- 3 cups flour all-purpose
- 2 tablespoons orange juice fresh

- 0.3 cup orange rind grated
- 1 cup pecans chopped
- 0.3 cup powdered sugar
- 1 teaspoon vanilla extract

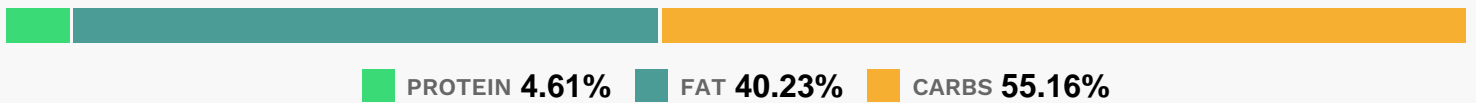
## Equipment

- oven
- hand mixer

## Directions

- Stir together buttermilk and soda until blended.
- Beat 1 cup butter at medium speed with an electric mixer until creamy; gradually add brown sugar, beating well. Stir in buttermilk mixture, eggs, and next 5 ingredients until blended. Spoon batter into greased muffin pans filling two-thirds full.
- Bake at 350 for 20 to 23 minutes.
- Remove from pans immediately, and cool on wire racks.
- Stir together powdered sugar, orange juice, and melted butter until smooth; drizzle glaze evenly over muffins.
- Note: Batter may be covered tightly and stored in the refrigerator up to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.22, Glycemic Load:14.67, Inflammation Score:-5, Nutrition Score:6.9660869318506%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Epigallocatechin 3-gallate: 0.14mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 357.5kcal (17.88%), Fat: 16.35g (25.15%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 50.43g (16.81%), Net Carbohydrates: 48.49g (17.63%), Sugar: 32.22g (35.8%), Cholesterol: 22.13mg (7.38%), Sodium: 277.29mg (12.06%), Alcohol: 0.08g (100%), Alcohol %: 0.1% (100%), Protein: 4.22g (8.44%), Manganese: 0.45mg (22.73%), Vitamin B1: 0.22mg (14.73%), Selenium: 10.06µg (14.37%), Folate: 45.63µg (11.41%), Vitamin A: 544.5IU (10.89%), Vitamin B2: 0.17mg (10.11%), Iron: 1.49mg (8.3%), Fiber: 1.94g (7.77%), Vitamin B3: 1.47mg (7.36%), Phosphorus: 71.34mg (7.13%), Copper: 0.14mg (7.03%), Calcium: 55.7mg (5.57%), Magnesium: 20.55mg (5.14%), Potassium: 171.47mg (4.9%), Vitamin E: 0.59mg (3.92%), Zinc: 0.58mg (3.85%), Vitamin B5: 0.38mg (3.81%), Vitamin C: 2.88mg (3.5%), Vitamin B6: 0.06mg (3.2%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.28µg (1.9%)