

## Orange Date Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup dates chopped
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cranberry-orange relish with peel, chopped
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream    sour
- ☐ 0.3 cup sugar    white

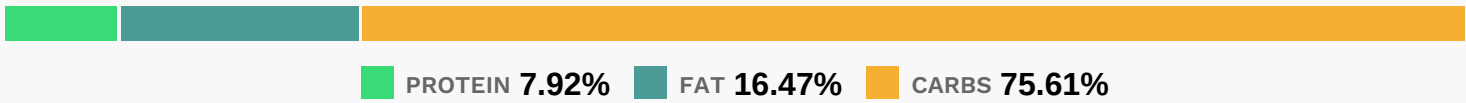
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ In a large bowl, stir together chopped orange, orange juice, dates, egg and sugar. In a separate bowl, mix together flour, baking powder, baking soda and salt. Stir flour mixture into orange mixture just until combined. Do not over mix. Fold in sour cream. Spoon batter into prepared muffin cups.
- ☐ Bake in preheated oven for 15 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.
- ☐ Remove from pan and let cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.97, Glycemic Load:15.88, Inflammation Score:-3, Nutrition Score:4.5908695252045%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.07kcal (6.5%), Fat: 2.44g (3.75%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 23.96g (8.71%), Sugar: 11.7g (13%), Cholesterol: 19.29mg (6.43%), Sodium: 302.87mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin C: 11.09mg (13.44%), Selenium: 7.06µg (10.09%), Vitamin B1: 0.15mg (9.87%), Folate: 38.43µg (9.61%), Calcium: 80.84mg (8.08%), Vitamin B2: 0.12mg (7.21%), Manganese: 0.13mg (6.47%), Phosphorus: 60.41mg (6.04%), Iron: 1mg (5.58%), Vitamin B3: 1.08mg (5.42%), Fiber: 1.2g (4.79%), Potassium: 114.69mg (3.28%), Vitamin A: 125.35IU (2.51%), Magnesium: 9.97mg (2.49%), Copper: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.22mg (1.47%)