



Orange-Date Muffins

READY IN



10 min.

SERVINGS



100

CALORIES



30 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 16.6 ounce bread-and-muffin mix with dates quick
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup orange juice

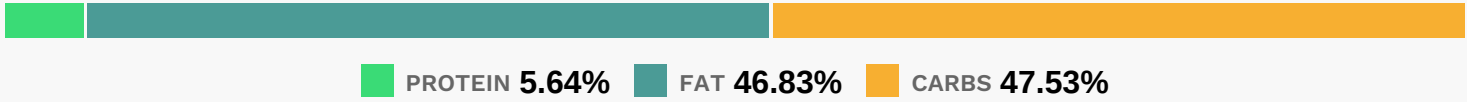
Equipment

- ☐ oven

Directions

- ☐ Stir together all ingredients; spoon batter evenly into lightly greased muffin pans, filling three-fourths full.
- ☐ Bake at 400 for 12 to 15 minutes or until golden.
- ☐ Remove muffins from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.02, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.69304347912902%

Flavonoids

Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.64kcal (1.48%), Fat: 1.55g (2.38%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.17g (1.3%), Cholesterol: 4.39mg (1.46%), Sodium: 46.48mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Phosphorus: 24.7mg (2.47%), Vitamin B1: 0.02mg (1.51%), Vitamin C: 1.24mg (1.51%), Folate: 5.39µg (1.35%), Fiber: 0.31g (1.24%)