



Orange-Date Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups flour whole wheat
- ☐ 0.8 cup flour all-purpose
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup vegetable oil
- ☐ 2 teaspoons orange zest grated

- ☐ 1 eggs
- ☐ 0.5 cup dates chopped

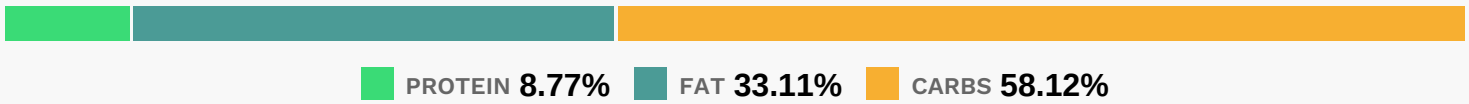
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray (do not use paper baking cups).
- ☐ In large bowl, stir together flours, baking powder and salt; set aside. In medium bowl, beat milk, brown sugar, oil, orange peel and egg with fork or wire whisk until well mixed. Stir into flour mixture just until flour is moistened. Fold in dates. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out clean and tops begin to brown. Run knife around sides of muffins to loosen.
- ☐ Remove from pan to cooling rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.02, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:7.409565264764%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 180.7kcal (9.03%), Fat: 6.9g (10.61%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 24.89g (9.05%), Sugar: 9.46g (10.51%), Cholesterol: 14.25mg (4.75%), Sodium: 218.34mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Manganese: 0.68mg (34.22%), Selenium: 13.7µg (19.57%), Phosphorus: 117.05mg (11.71%), Vitamin K: 11.62µg (11.07%), Vitamin B1: 0.15mg (10.21%), Calcium: 100.82mg (10.08%), Fiber: 2.34g (9.37%), Magnesium: 28.55mg (7.14%), Vitamin B3: 1.32mg (6.59%), Vitamin B2: 0.11mg (6.54%), Iron: 1.18mg (6.54%), Folate: 24.34µg (6.08%), Vitamin B6: 0.1mg (4.76%), Copper: 0.09mg (4.55%), Vitamin E: 0.65mg (4.33%), Potassium: 149.17mg (4.26%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.3µg (1.99%), Vitamin A: 64.8IU (1.3%)