



Orange Gingerbread Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups biscuit and baking mix reduced-fat (such as Bisquick)
- 0.3 cup cinnamon sugar divided
- 1 eggs lightly beaten
- 0.5 teaspoon ground ginger
- 0.3 cup blackstrap molasses
- 1 tablespoon orange rind grated
- 0.7 cup skim milk

Equipment

bowl

oven

Directions

- Combine baking mix, 3 1/2 tablespoons cinnamon sugar, and ginger in a bowl; make a well in center of mixture.
- Combine milk and next 3 ingredients, stirring well.
- Add milk mixture to dry ingredients, stirring just until dry ingredients are moistened.
- Spoon batter into muffin pans coated with cooking spray, filling one-half full; sprinkle remaining 1 1/2 teaspoons cinnamon sugar over batter.
- Bake at 400 for 12 minutes.
- Remove from pans immediately.

Nutrition Facts



PROTEIN 7.65% **FAT 23.43%** **CARBS 68.92%**

Properties

Glycemic Index:12.28, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:4.5195652427881%

Nutrients (% of daily need)

Calories: 132.64kcal (6.63%), Fat: 3.46g (5.33%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 22.45g (8.16%), Sugar: 12.44g (13.82%), Cholesterol: 14.45mg (4.82%), Sodium: 268.66mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Phosphorus: 141.25mg (14.12%), Manganese: 0.2mg (10.24%), Vitamin B1: 0.13mg (8.51%), Vitamin B2: 0.12mg (7.27%), Calcium: 71.15mg (7.12%), Folate: 27.16µg (6.79%), Magnesium: 24.35mg (6.09%), Selenium: 4.22µg (6.03%), Iron: 0.97mg (5.4%), Vitamin B3: 1mg (5.03%), Potassium: 165.14mg (4.72%), Vitamin B6: 0.08mg (3.89%), Copper: 0.07mg (3.45%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.19µg (3.16%), Fiber: 0.48g (1.94%), Zinc: 0.25mg (1.69%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.31µg (1.25%), Vitamin A: 50.49IU (1.01%)