



Orange Gingerbread Muffins

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



87 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups heart-shape paper punch
- 0.3 cup cinnamon
- 0.5 teaspoon ground ginger
- 0.7 cup skim milk fat-free (skim)
- 0.3 cup blackstrap molasses
- 1 eggs slightly beaten
- 1 tablespoon orange zest grated

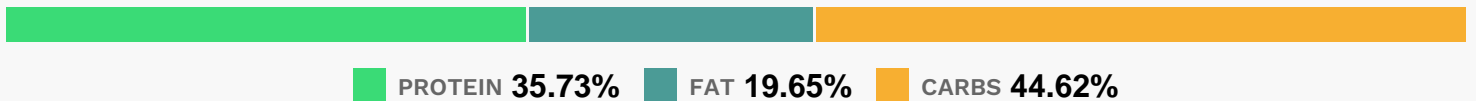
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- muffin liners

Directions

- Heat oven to 400°F.
- Place paper baking cup in each of 12 regular-size muffin cups.
- In large bowl, stir together Bisquick mix, 3 tablespoons plus 1 1/2 teaspoons of the cinnamon-sugar and the ginger; make well in center of mixture. In small bowl, mix milk, molasses, egg and orange peel with whisk.
- Add to dry ingredients, stirring just until moistened. Divide batter evenly among muffin cups, filling half full; sprinkle remaining 1 1/2 teaspoons cinnamon-sugar over batter.
- Bake 12 minutes. Immediately remove from pan to cooling rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:2.6, Inflammation Score:-2, Nutrition Score:11.915652184383%

Nutrients (% of daily need)

Calories: 87.33kcal (4.37%), Fat: 1.99g (3.06%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 7.47g (2.72%), Sugar: 6.06g (6.73%), Cholesterol: 62.94mg (20.98%), Sodium: 52.56mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Vitamin B12: 3.48µg (58.05%), Manganese: 1.01mg (50.56%), Vitamin B2: 0.39mg (23.21%), Selenium: 11.45µg (16.35%), Vitamin B3: 3.13mg (15.66%), Iron: 2.53mg (14.03%), Phosphorus: 110.99mg (11.1%), Fiber: 2.68g (10.73%), Copper: 0.21mg (10.54%), Vitamin B6: 0.18mg (9.02%), Vitamin B5: 0.89mg (8.88%), Calcium: 87.46mg (8.75%), Magnesium: 30.59mg (7.65%), Potassium: 266.87mg (7.62%), Vitamin B1: 0.11mg (7.17%), Zinc: 0.89mg (5.96%), Vitamin C: 1.66mg (2.01%), Vitamin E: 0.24mg (1.61%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.55µg (1.48%), Vitamin A: 64.23IU (1.28%)