



## Orange-Hazelnut Snack Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1.5 tablespoons agave nectar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup cake flour
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 ounces ground hazelnuts red ( 6 tablespoons; such as Bob's Mill)
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 1 tablespoon orange juice fresh
- ☐ 1.5 teaspoons orange zest grated

☐ 0.3 teaspoon salt

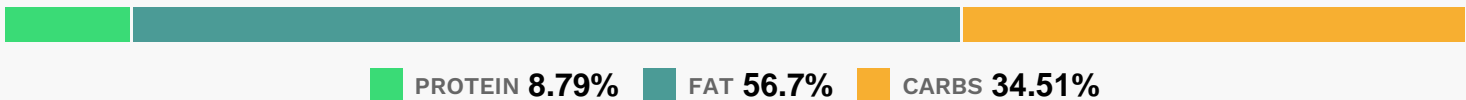
## Equipment

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

## Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, and salt in a small bowl.
- ☐ Combine oil, milk, agave, rind, juice, and egg in a large bowl, stirring with a whisk.
- ☐ Add flour mixture to oil mixture, stirring just until moist.
- ☐ Spoon batter evenly into 12 miniature muffin cups coated with cooking spray.
- ☐ Bake at 350 for 12 minutes or until a wooden pick inserted in center of muffins comes out clean.
- ☐ Remove muffins from pan; cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:1.5147826166257%

## Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

**Nutrients (% of daily need)**

Calories: 78.37kcal (3.92%), Fat: 5.01g (7.71%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.33g (2.3%), Sugar: 2.19g (2.43%), Cholesterol: 15.7mg (5.23%), Sodium: 91.1mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Selenium: 3.46µg (4.94%), Vitamin E: 0.5mg (3.34%), Calcium: 31.28mg (3.13%), Phosphorus: 23.23mg (2.32%), Vitamin K: 2.29µg (2.18%), Manganese: 0.04mg (2.16%), Fiber: 0.54g (2.14%), Vitamin C: 1.65mg (2%), Iron: 0.34mg (1.91%), Vitamin B2: 0.03mg (1.87%), Folate: 5.09µg (1.27%)