



Orange Honey Muffins with Dates

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups flour
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup dates chopped
- 1 eggs
- 0.5 cup honey
- 1 cranberry-orange relish seeds removed, and cut into large pieces washed
- 0.5 cup orange juice fresh

- 1 teaspoon salt
- 1 tablespoon sugar
- 8 tablespoons butter unsalted at room temperature

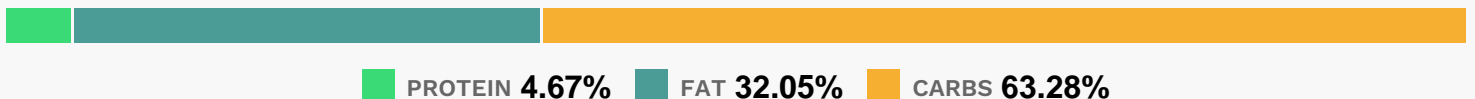
Equipment

- food processor
- bowl
- oven
- whisk
- muffin tray

Directions

- Preheat oven to 400°F. Butter a 12 cup muffin tin.
- In a large bowl, whisk together flour, salt, baking powder, and baking soda.
- Place orange in a food processor. Pulse until broken down into a chunky puree.
- Add orange juice, egg, butter, and honey. Blend for 1 1/2 to 2 minutes, until almost smooth.
- Pour orange mixture into flour.
- Mix until just combined. Stir in dates.
- Divide batter among muffin tins.
- Sprinkle with sugar.
- Bake muffins until a cake tester comes out clean, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:36.32, Glycemic Load:20.73, Inflammation Score:-3, Nutrition Score:4.9334782128749%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg, Hesperetin: 4.21mg Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg, Naringenin: 1.89mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 220.33kcal (11.02%), Fat: 8.16g (12.55%), Saturated Fat: 4.94g (30.88%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 34.52g (12.55%), Sugar: 22.31g (24.79%), Cholesterol: 33.71mg (11.24%), Sodium: 327.79mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin C: 11.09mg (13.45%), Selenium: 7.07µg (10.1%), Vitamin B1: 0.15mg (9.98%), Folate: 39.58µg (9.9%), Manganese: 0.16mg (7.81%), Vitamin B2: 0.12mg (6.95%), Fiber: 1.71g (6.85%), Vitamin A: 299.49IU (5.99%), Vitamin B3: 1.17mg (5.87%), Iron: 1.05mg (5.81%), Phosphorus: 45.12mg (4.51%), Potassium: 152.28mg (4.35%), Calcium: 37.48mg (3.75%), Copper: 0.07mg (3.33%), Magnesium: 11.94mg (2.98%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.38%), Vitamin E: 0.29mg (1.96%), Zinc: 0.25mg (1.63%), Vitamin D: 0.21µg (1.42%)