



Orange Juice Muffins with Honey Spread

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups buttermilk baking mix
- ☐ 1 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.5 cup butter
- ☐ 0.7 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ 2 tablespoons sugar white

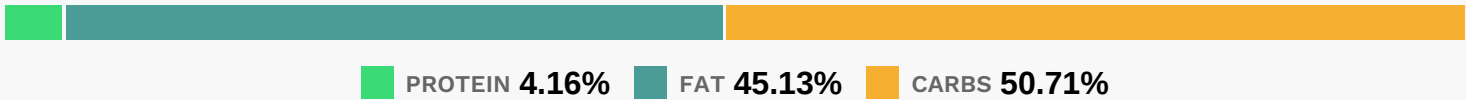
Equipment

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 medium muffin cups.
- ☐ Mix baking mix, 2 tablespoons sugar, the egg, orange peel, and orange juice. Beat vigorously for 30 seconds.
- ☐ Fill muffin cups about 2/3 full.
- ☐ Mix 2 tablespoons sugar and cinnamon and sprinkle each muffin with about 1/2 teaspoon of sugar mixture.
- ☐ Bake 15 minutes.
- ☐ Serve with honey spread.
- ☐ To Make Honey
- ☐ Spread: Beat 1/2 cup margarine and 1/2 cup honey until fluffy.

Nutrition Facts



Properties

Glycemic Index:14.95, Glycemic Load:8.2, Inflammation Score:-4, Nutrition Score:4.202608714933%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.26kcal (10.81%), Fat: 11.08g (17.04%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 27.43g (9.97%), Sugar: 17.1g (19%), Cholesterol: 14.04mg (4.68%), Sodium: 350.34mg (15.23%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Phosphorus: 129.48mg (12.95%), Vitamin C: 7.27mg (8.81%), Vitamin B1: 0.13mg (8.67%), Folate: 31.29µg (7.82%), Vitamin A: 387.67IU (7.75%), Vitamin B2: 0.12mg (6.93%), Manganese: 0.11mg (5.57%), Vitamin B3: 0.99mg (4.95%), Calcium: 45.01mg (4.5%), Iron: 0.72mg (4.01%), Selenium: 2.77µg (3.96%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.37mg (2.45%), Fiber: 0.58g (2.33%), Copper: 0.05mg (2.27%), Potassium: 77.64mg (2.22%), Vitamin B12: 0.12µg (2%), Magnesium: 7.66mg (1.91%), Vitamin B6: 0.03mg (1.59%), Zinc: 0.21mg (1.39%), Vitamin K: 1.38µg (1.31%)