



Orange Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups biscuit mix
- ☐ 1 large eggs
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon butter
- ☐ 0.5 cup orange juice
- ☐ 0.3 cup orange marmalade

- ☐ 0.5 cup pecans chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons vegetable oil

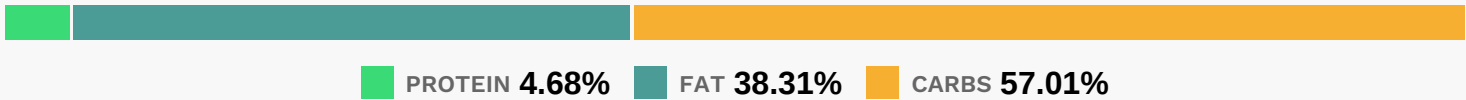
Equipment

- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Combine first 4 ingredients; cut in butter with a pastry blender until crumbly.
- ☐ Beat 1/2 cup sugar and next 3 ingredients at medium speed with an electric mixer until smooth.
- ☐ Add biscuit mix, and beat until blended. Stir in marmalade and pecans. Spoon into greased muffin pans, filling three-fourths full.
- ☐ Sprinkle with sugar mixture.
- ☐ Bake at 400 for 20 to 25 minutes.
- ☐ Remove from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:9.82, Inflammation Score:-2, Nutrition Score:5.136956518111%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.05kcal (11.5%), Fat: 10.04g (15.44%), Saturated Fat: 1.76g (11%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 32.56g (11.84%), Sugar: 21.22g (23.58%), Cholesterol: 15.9mg (5.3%), Sodium: 277.37mg (12.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Manganese: 0.31mg (15.7%), Phosphorus: 141.42mg (14.14%), Vitamin B1: 0.16mg (10.94%), Folate: 33.63µg (8.41%), Vitamin B2: 0.13mg (7.36%), Vitamin C: 5.71mg (6.93%), Vitamin K: 5.7µg (5.43%), Vitamin B3: 1.07mg (5.34%), Copper: 0.1mg (5.2%), Selenium: 3.41µg (4.88%), Calcium: 48.19mg (4.82%), Iron: 0.84mg (4.67%), Fiber: 1.06g (4.25%), Magnesium: 12.73mg (3.18%), Vitamin B5: 0.31mg (3.07%), Zinc: 0.4mg (2.67%), Vitamin E: 0.37mg (2.46%), Potassium: 83.53mg (2.39%), Vitamin B12: 0.12µg (1.94%), Vitamin B6: 0.04mg (1.92%), Vitamin A: 94.29IU (1.89%)