



Orange Muffins

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose
- 0.8 cup orange juice
- 1 tablespoon orange zest
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 0.5 cup sugar white

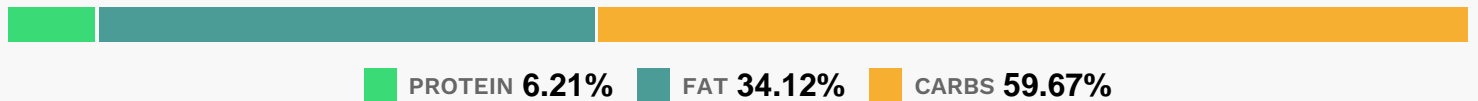
Equipment

- bowl
- frying pan
- oven
- toothpicks
- muffin liners

Directions

- Heat oven to 400 degrees F (205 degrees C). Grease bottoms only of 12 muffin cups or line with baking cups.
- In a medium bowl, combine flour, sugar, baking powder, orange peel and salt; mix well. In a small bowl, combine orange juice, oil and egg; blend well.
- Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)
- Fill cups 2/3 full.
- Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:18.39, Inflammation Score:-2, Nutrition Score:4.9521739197814%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 174.68kcal (8.73%), Fat: 6.67g (10.26%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 25.59g (9.31%), Sugar: 9.69g (10.76%), Cholesterol: 13.64mg (4.55%), Sodium: 208.77mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B1: 0.18mg (11.97%), Selenium: 8.26µg (11.8%), Folate: 44.65µg (11.16%), Vitamin K: 11.23µg (10.69%), Vitamin C: 8.43mg (10.22%), Vitamin B2: 0.13mg (7.43%), Manganese: 0.15mg (7.3%), Calcium: 66.59mg (6.66%), Iron: 1.18mg (6.57%), Vitamin B3: 1.3mg (6.5%), Phosphorus: 54.41mg (5.44%), Vitamin E: 0.55mg (3.69%), Fiber: 0.65g (2.59%), Copper: 0.04mg (2.03%), Vitamin B5: 0.18mg (1.79%), Magnesium: 7.11mg (1.78%), Potassium: 59.8mg (1.71%), Zinc: 0.2mg (1.36%), Vitamin B6: 0.02mg (1.12%), Vitamin A: 52.9IU (1.06%)