



Orange Raisin Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 cup orange juice
- ☐ 1 orange zest
- ☐ 0.8 cup raisins
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup sugar white

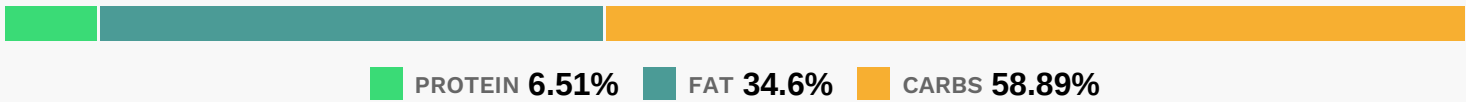
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ In a large bowl, sift together flour, baking powder, salt and sugar. In a separate bowl, combine egg, orange zest, orange juice, milk and vegetable oil. Stir egg mixture into flour mixture just until moistened; fold in raisins. Spoon batter into prepared muffin cups.
- ☐ Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:17.5, Inflammation Score:-2, Nutrition Score:5.132173932117%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.92kcal (8.9%), Fat: 6.98g (10.74%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.51g (9.28%), Sugar: 5.14g (5.72%), Cholesterol: 14.86mg (4.95%), Sodium: 263.44mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin B1: 0.17mg (11.08%), Selenium: 7.6µg (10.85%), Vitamin K: 11.24µg (10.7%), Folate: 37.2µg (9.3%), Vitamin B2: 0.14mg (8.27%), Calcium: 80.9mg (8.09%),

Manganese: 0.15mg (7.57%), Iron: 1.28mg (7.1%), Phosphorus: 67.01mg (6.7%), Vitamin B3: 1.22mg (6.1%), Vitamin C: 4.43mg (5.37%), Fiber: 1.23g (4.91%), Vitamin E: 0.55mg (3.7%), Potassium: 127.35mg (3.64%), Copper: 0.06mg (3%), Magnesium: 9.45mg (2.36%), Vitamin B6: 0.04mg (2.07%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.24mg (1.59%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.19µg (1.23%), Vitamin A: 50.8IU (1.02%)