



## Orange-Scented Almond and Olive Oil Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon almond extract pure
- 1 cup almond flour
- 0.5 cup almonds toasted sliced (see Cook's Note)
- 2 teaspoons double-acting baking powder
- 4 large eggs at room temperature
- 1.3 cups flour all-purpose
- 0.3 cup olive oil extra-virgin
- 0.5 cup orange juice fresh at room temperature

- 1 large orange zest
- 0.5 teaspoon sea salt fine
- 0.3 cup milk greek yogurt plain whole at room temperature
- 1 cup sugar
- 1 teaspoon vanilla extract pure

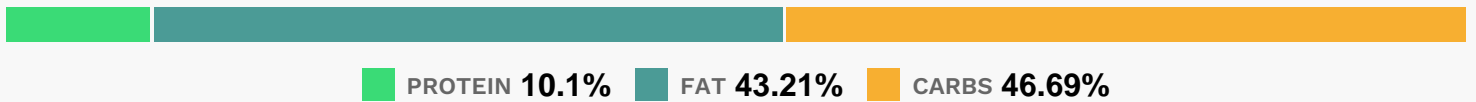
## Equipment

- bowl
- oven
- whisk
- wire rack

## Directions

- Watch how to make this recipe.
- In a separate bowl, whisk together the flours, baking powder, and salt.
- In batches, stir the dry ingredients into the wet ingredients until just blended. Stir in the almonds. Fill the cups with batter, 1/3 of the way full.
- Bake until golden on top and a tester inserted into the center of the muffins comes out with moist crumbs attached, about 20 minutes.
- Place on a wire rack and cool for 20 minutes. Dust with powdered sugar and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.62, Glycemic Load:13.05, Inflammation Score:-1, Nutrition Score:4.1369564896045%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin:

0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 173.69kcal (8.68%), Fat: 8.56g (13.17%), Saturated Fat: 1.1g (6.84%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 19.51g (7.09%), Sugar: 12.21g (13.56%), Cholesterol: 41.47mg (13.82%), Sodium: 128.98mg (5.61%), Alcohol: 0.15g (100%), Alcohol %: 0.36% (100%), Protein: 4.5g (9%), Selenium: 6.81µg (9.74%), Vitamin E: 1.21mg (8.09%), Vitamin B2: 0.14mg (7.99%), Manganese: 0.12mg (6.18%), Folate: 24.69µg (6.17%), Calcium: 58.73mg (5.87%), Phosphorus: 58.52mg (5.85%), Vitamin B1: 0.09mg (5.7%), Iron: 1.02mg (5.67%), Vitamin C: 4.35mg (5.27%), Fiber: 1.3g (5.19%), Vitamin B3: 0.65mg (3.27%), Magnesium: 11.53mg (2.88%), Copper: 0.05mg (2.61%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.12µg (1.97%), Potassium: 63.47mg (1.81%), Vitamin K: 1.87µg (1.78%), Vitamin B6: 0.03mg (1.6%), Vitamin A: 76.71IU (1.53%), Vitamin D: 0.22µg (1.48%)