



Orange Spelt Muffins (Nut-Free, Soy-Free, Wheat-Free)



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 cup orange juice
- ☐ 1.5 teaspoons orange zest

- ☐ 0.5 teaspoon salt
- ☐ 2 cups rice flour
- ☐ 1.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil [use grapeseed oil neutral for soy-free]

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375 degrees F. Oil or butter a 12-cup muffin tin or line with muffin tin liners.Sift or whisk together the flour, baking powder, zest, allspice, and salt in a large bowl.In a medium bowl, beat together the orange juice, applesauce, oil, sugar, vanilla, and eggs until well combined. Stir into the flour mixture until just combined. The batter will be somewhat lumpy.Spoon the batter into the prepared muffin tin and bake for 15 minutes or until a tester comes out clean.
- ☐ Let the muffins rest for 5 minutes, then turn them out onto a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:2.7813043369223%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg 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, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 187.74kcal (9.39%), Fat: 7.45g (11.46%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 22.9g (8.33%), Sugar: 10.33g (11.47%), Cholesterol: 27.28mg (9.09%), Sodium: 172.66mg (7.51%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Protein: 3.69g (7.38%), Vitamin E: 1.83mg (12.23%), Fiber: 2.78g (11.12%), Iron: 1.26mg (6.98%), Vitamin C: 5.57mg (6.76%), Calcium: 48.12mg (4.81%), Selenium: 2.39µg (3.42%), Phosphorus: 29.81mg (2.98%), Vitamin B2: 0.04mg (2.29%), Folate: 6.88µg (1.72%), Vitamin B5: 0.15mg (1.48%), Potassium: 48.58mg (1.39%), Vitamin A: 63.02IU (1.26%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.07µg (1.09%)