



Orange-Spiced Mini-Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons butter melted
- 0.5 cup dates
- 1 eggs beaten
- 2 cups flour sifted
- 1 medium cranberry-orange relish
- 0.5 cup orange juice

- 0.5 cup pecans coarsely chopped
- 0.5 teaspoon salt
- 1 cup sugar

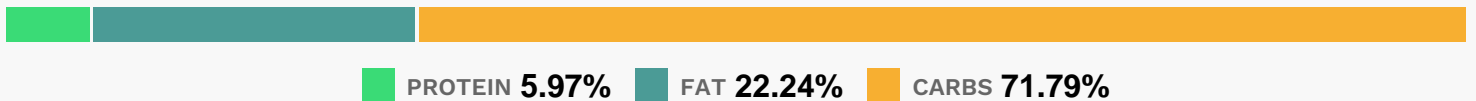
Equipment

- food processor
- oven
- muffin tray

Directions

- Preheat oven to 350 degrees F.
- Cut whole, unpeeled orange into 8 sections and chop in a food processor.
- Add the chopped oranges to the dates, nuts, melted butter, orange juice, sugar, and egg.
- Sift the dry ingredients together and then stir into the wet ingredients until just blended.
- Pour into paper-cup lined mini-muffin tins, filling them 3/4 full.
- Bake for 25 to 30 minutes, until puffed and firm in the center. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:19.77, Inflammation Score:-2, Nutrition Score:4.3747825907624%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 163.28kcal (8.16%), Fat: 4.14g (6.38%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 28.81g (10.48%), Sugar: 16.98g (18.87%), Cholesterol: 13.99mg (4.66%), Sodium: 183.34mg (7.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Manganese: 0.26mg (13.12%), Vitamin B1: 0.16mg (10.72%), Vitamin C: 8.28mg (10.04%), Selenium: 6.54µg (9.34%), Folate: 36.27µg (9.07%), Vitamin B2: 0.11mg (6.2%), Vitamin B3: 1.07mg (5.37%), Iron: 0.96mg (5.32%), Fiber: 1.3g (5.2%), Phosphorus: 42.1mg (4.21%), Copper: 0.08mg (3.96%), Magnesium: 11.26mg (2.82%), Calcium: 27.25mg (2.72%), Potassium: 94.39mg (2.7%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.2mg (2.01%), Vitamin A: 94.7IU (1.89%), Vitamin B6: 0.03mg (1.68%)