



Orange Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 lb butter at room temperature
- ☐ 0.7 cup buttermilk
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange peel grated

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup sugar

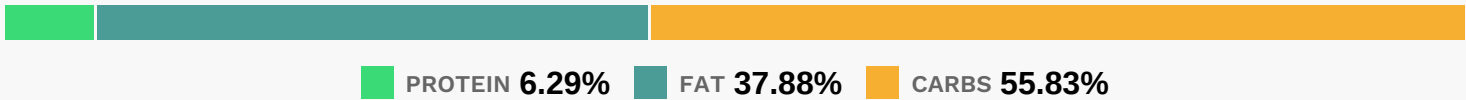
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ In a bowl, with a mixer on high speed, beat butter and sugar until smooth.
- ☐ Add egg and beat well. Beat in orange juice.
- ☐ In another bowl, mix flour, orange peel, baking powder, salt, and baking soda. Stir half the flour mixture into the butter mixture, then the buttermilk, followed by the rest of the flour mixture, until just incorporated. Spoon batter equally into 24 buttered miniature muffin cups or 12 regular muffin cups (1/3 cup).
- ☐ Bake in a 350 regular or convection oven until tops are lightly browned and a wooden skewer inserted into the center of one muffin comes out with moist crumbs attached, 20 to 25 minutes. Invert pan to remove cakes.
- ☐ Serve warm, or let cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:10.05, Inflammation Score:-2, Nutrition Score:2.3908695759981%

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: 103.19kcal (5.16%), Fat: 4.38g (6.74%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 14.19g (5.16%), Sugar: 6.34g (7.05%), Cholesterol: 18.64mg (6.21%), Sodium: 118.18mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Selenium: 4.51µg (6.44%), Vitamin B1: 0.09mg (6.08%), Folate: 22.22µg (5.55%), Vitamin B2: 0.08mg (4.54%), Vitamin C: 3.26mg (3.96%), Manganese: 0.07mg (3.65%), Vitamin B3: 0.65mg (3.25%), Iron: 0.56mg (3.1%), Vitamin A: 152.76IU (3.06%), Phosphorus: 26.81mg (2.68%), Calcium: 22.78mg (2.28%), Fiber: 0.34g (1.38%), Vitamin B5: 0.12mg (1.2%), Copper: 0.02mg (1.07%), Potassium: 35.7mg (1.02%), Magnesium: 4.03mg (1.01%)