



Rhubarb Muffins I



Vegetarian



Dairy Free

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READY IN

ready

50 min.

SERVINGS

servings

12

CALORIES

calories

180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 1.3 cups rhubarb finely chopped
- ☐ 1 teaspoon salt

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

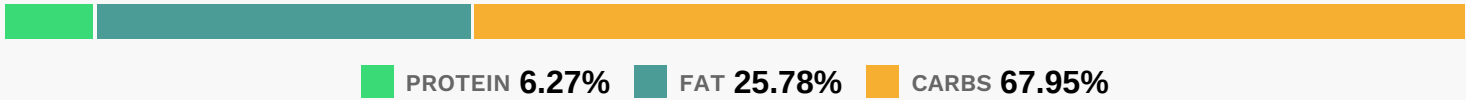
Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.
- ☐ In a medium bowl, stir together egg, oil, orange juice and orange zest. In a separate bowl, combine flour, white sugar, baking powder, baking soda and salt. Stir egg mixture into flour mixture, just until combine. Fold in chopped rhubarb.
- ☐ Bake in preheated oven for 20 to 30 minutes, until a toothpick inserted into a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:21.22, Inflammation Score:-2, Nutrition Score:5.1065217697102%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.58kcal (8.98%), Fat: 5.19g (7.99%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 29.93g (10.88%), Sugar: 13.99g (15.54%), Cholesterol: 13.64mg (4.55%), Sodium: 298.81mg (12.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin B1: 0.18mg (12.13%), Selenium: 8.42µg (12.03%), Vitamin K: 12.16µg (11.59%), Folate: 45.49µg (11.37%), Vitamin C: 9.22mg (11.18%), Manganese: 0.17mg (8.56%), Vitamin B2: 0.13mg (7.69%), Vitamin B3: 1.34mg (6.68%), Iron: 1.16mg (6.42%), Calcium: 47.97mg (4.8%), Phosphorus: 45.2mg (4.52%), Fiber: 0.86g (3.43%), Vitamin E: 0.46mg (3.09%), Potassium: 96.05mg (2.74%), Copper: 0.04mg (2.18%), Magnesium: 8.47mg (2.12%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.22mg (1.44%), Vitamin A: 65.16IU (1.3%), Vitamin B6: 0.03mg (1.26%)