



Rhubarb Pecan Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup orange juice
- ☐ 2 teaspoons orange rind grated
- ☐ 0.8 cup pecans chopped
- ☐ 1.3 cups rhubarb fresh fine chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 cup vegetable oil

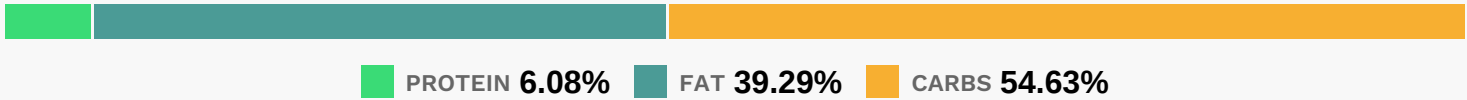
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ In a large bowl, combine the flour, sugar, baking powder, baking soda, salt and nuts. In a medium bowl, beat egg.
- ☐ Add oil, orange rind and juice.
- ☐ Add to flour all at once and stir just until batter is moist. Stir in rhubarb. [can add in a dollop of plain dairy-free yogurt or sour cream to insure a moist muffin]Lightly grease 12 large muffin cups and fill ¾ full.
- ☐ Bake at 350 degrees F for 25 to 30 minutes

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:21.25, Inflammation Score:-3, Nutrition Score:6.7726087596105%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 227.37kcal (11.37%), Fat: 10.14g (15.61%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 30.22g (10.99%), Sugar: 14.26g (15.84%), Cholesterol: 15.5mg (5.17%), Sodium: 202.63mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.48mg (23.88%), Vitamin B1: 0.23mg (15.14%), Selenium: 8.84µg (12.62%), Vitamin K: 12.4µg (11.81%), Folate: 47.22µg (11.81%), Vitamin C: 9.29mg (11.27%), Vitamin B2: 0.14mg (8.35%), Iron: 1.34mg (7.43%), Vitamin B3: 1.42mg (7.08%), Phosphorus: 65.06mg (6.51%), Copper: 0.13mg (6.28%), Fiber: 1.51g (6.05%), Calcium: 52.96mg (5.3%), Magnesium: 16.77mg (4.19%), Vitamin E: 0.56mg (3.76%), Potassium: 124.65mg (3.56%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.26mg (2.56%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 71.68IU (1.43%)