



Rise and Shine Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup corn flakes/bran flakes crushed
- ☐ 1 eggs
- ☐ 0.3 cup honey
- ☐ 0.7 cup orange juice
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 cup sunflower seeds salted toasted
- ☐ 2 tablespoons vegetable oil

- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

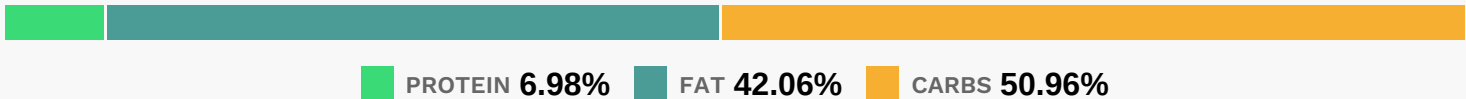
Equipment

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

Directions

- ☐ Heat oven to 400F. Spray bottoms only of 12 regular-size muffin cups with cooking spray or line with paper baking cups. In medium bowl, mix orange juice, honey, oil and egg.
- ☐ In large bowl, stir Bisquick mix, cereal, baking soda and 1/2 cup of the nuts. Stir orange juice mixture into cereal mixture just until moistened. Spoon batter into muffin cups.
- ☐ Sprinkle with remaining nuts.
- ☐ Bake about 20 minutes or until golden brown. Immediately remove from pan.
- ☐ In small bowl, mix cream cheese and marmalade until well blended.
- ☐ Serve muffins with spread.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:6.4, Inflammation Score:-3, Nutrition Score:5.8313043583994%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 111.85kcal (5.59%), Fat: 5.59g (8.59%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 14.07g (5.12%), Sugar: 11.67g (12.96%), Cholesterol: 13.64mg (4.55%), Sodium: 71.69mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin E: 2.22mg (14.8%), Manganese: 0.24mg (11.95%), Folate: 41.25µg (10.31%), Vitamin B1: 0.14mg (9.33%), Vitamin C: 7.17mg (8.7%), Selenium: 5.94µg (8.49%), Iron: 1.36mg (7.57%), Vitamin B6: 0.15mg (7.32%), Magnesium: 27.99mg (7%), Copper: 0.13mg (6.61%), Phosphorus: 61.93mg (6.19%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.09mg (5.4%), Fiber: 1.16g (4.64%), Vitamin K: 4.24µg (4.04%), Zinc: 0.52mg (3.48%), Vitamin B12: 0.2µg (3.32%), Vitamin A: 135.55IU (2.71%), Potassium: 92.52mg (2.64%), Vitamin B5: 0.18mg (1.81%), Vitamin D: 0.18µg (1.22%), Calcium: 11.22mg (1.12%)