

Sugarless Fruit Nut Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter cut into pieces
- 1 cup dates chopped
- 2 eggs lightly beaten
- 1 cup flour all-purpose
- 0.5 cup prune- cut to pieces pitted chopped
- 0.5 cup raisins

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup water

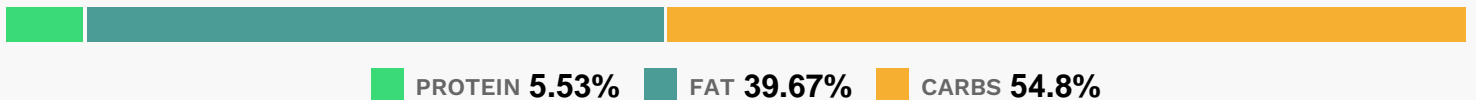
Equipment

- bowl
- sauce pan
- oven
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a muffin pan, or use paper liners. In a saucepan over medium-high heat, combine dates, raisins, prunes, and water. Boil for 5 minutes, then stir in butter and salt; set aside to cool.
- When fruit mixture is cool, transfer to a large bowl. Beat in eggs and vanilla. Stir together flour, baking soda and baking powder, then blend into fruit mixture. fold in nuts. Spoon into muffin cups 2/3 to 3/4 full.
- Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:13.8, Inflammation Score:-3, Nutrition Score:4.4173913053844%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 187.1kcal (9.35%), Fat: 8.58g (13.2%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.47g (8.9%), Sugar: 10.63g (11.81%), Cholesterol: 47.62mg (15.87%), Sodium: 231.85mg (10.08%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 2.69g (5.38%), Selenium: 6.3µg (9.01%), Fiber: 2.19g (8.75%), Manganese: 0.14mg (7.2%), Vitamin B2: 0.12mg (7.12%), Vitamin B1: 0.1mg (6.8%), Vitamin A: 333.81IU (6.68%), Folate: 25.59µg (6.4%), Potassium: 207.35mg (5.92%), Iron: 0.98mg (5.45%), Vitamin K: 5.36µg (5.1%), Vitamin B3: 0.99mg (4.93%), Phosphorus: 48.84mg (4.88%), Copper: 0.09mg (4.38%), Magnesium: 13.7mg (3.42%), Vitamin B6: 0.06mg (3.19%), Calcium: 27.98mg (2.8%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.34mg (2.27%), Zinc: 0.26mg (1.71%), Vitamin B12: 0.08µg (1.36%)