



## Sugarless Fruit Nut Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



219 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
- 0.5 cup walnuts chopped
- 1 cup water

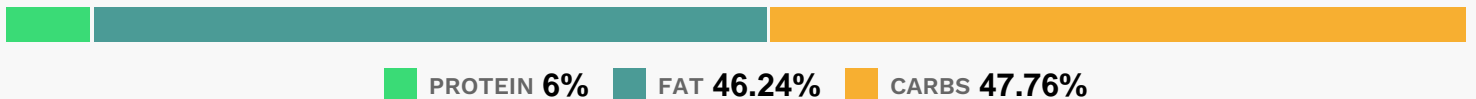
## Equipment

- 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:31.4, Glycemic Load:13.87, Inflammation Score:-3, Nutrition Score:5.5213043871133%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## **Nutrients (% of daily need)**

Calories: 218.98kcal (10.95%), Fat: 11.76g (18.09%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 24.81g (9.02%), Sugar: 10.76g (11.95%), Cholesterol: 47.62mg (15.87%), Sodium: 231.95mg (10.08%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.43g (6.86%), Manganese: 0.31mg (15.52%), Fiber: 2.51g (10.06%), Selenium: 6.54µg (9.35%), Copper: 0.17mg (8.25%), Vitamin B1: 0.12mg (7.91%), Folate: 30.37µg (7.59%), Vitamin B2: 0.13mg (7.55%), Vitamin A: 334.79IU (6.7%), Phosphorus: 65.71mg (6.57%), Potassium: 228.85mg (6.54%), Iron: 1.12mg (6.24%), Magnesium: 21.4mg (5.35%), Vitamin K: 5.49µg (5.23%), Vitamin B3: 1.04mg (5.2%), Vitamin B6: 0.09mg (4.5%), Calcium: 32.75mg (3.28%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.41mg (2.72%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.08µg (1.36%)