

Sunshine Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



15

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cup flour all-purpose
- 1 cup flour whole wheat
- 1.7 cups sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 0.8 cup butter melted
- 3 large eggs beaten
- 0.7 cup orange juice fresh

- 1 teaspoon vanilla extract
- 1 teaspoon orange extract
- 1 tablespoon orange marmalade
- 0.5 cup walnut pieces chopped

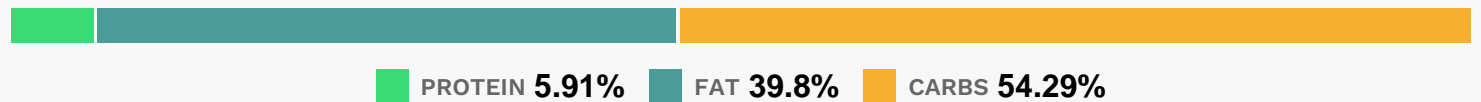
Equipment

- bowl
- oven
- muffin liners

Directions

- In a large bowl, combine flours, sugar, baking powder and salt.
- Add remaining ingredients; stir just until moistened (batter may be lumpy). Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 350° for 15–20 minutes or until top of muffin springs back when lightly touched.

Nutrition Facts



Properties

Glycemic Index:23.94, Glycemic Load:23.19, Inflammation Score:-4, Nutrition Score:6.7421738894089%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg 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: 288.73kcal (14.44%), Fat: 13.11g (20.18%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 40.25g (13.42%), Net Carbohydrates: 38.77g (14.1%), Sugar: 24.15g (26.83%), Cholesterol: 61.6mg (20.53%), Sodium: 222.82mg (9.69%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.38g (8.76%), Manganese: 0.55mg (27.51%), Selenium: 12.71µg (18.16%), Vitamin B1: 0.17mg (11.08%), Folate: 38.68µg (9.67%), Phosphorus: 91.71mg (9.17%),

Vitamin B2: 0.14mg (8.15%), Vitamin A: 362.01IU (7.24%), Iron: 1.25mg (6.96%), Vitamin C: 5.63mg (6.82%), Copper: 0.13mg (6.4%), Vitamin B3: 1.24mg (6.18%), Fiber: 1.49g (5.95%), Magnesium: 22.72mg (5.68%), Calcium: 50.1mg (5.01%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.56mg (3.76%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.47mg (3.1%), Potassium: 99.64mg (2.85%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.2µg (1.33%), Vitamin K: 1.13µg (1.08%)