

Teff Muffins

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup arrowroot flour
- 1.5 teaspoons double-acting baking powder
- 0.8 cup brown rice flour
- 0.5 cup apricots dried chopped
- 0.5 cup cranberries dried
- 2 eggs beaten
- 0.5 cup golden raisins
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.3 cup olive oil
- 0.5 cup pecans chopped
- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.8 cup teff flour
- 0.7 cup water

Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin tray

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a muffin tin.
- Mix teff flour, brown rice flour, arrowroot flour, baking powder, cinnamon, nutmeg, cloves, ginger, and salt together in a large bowl. Form a well in the center of the flour mixture.
- Add water, pecans, olive oil, and eggs to the well.
- Whisk the wet ingredients into the dry ingredients until batter is fully combined. Fold raisins, golden raisins, apricots, and cranberries into batter.
- Pour batter into the prepared muffin tin.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 25 minutes.

Nutrition Facts



■ PROTEIN 5.7% ■ FAT 37.9% ■ CARBS 56.4%

Properties

Glycemic Index:34.24, Glycemic Load:10.13, Inflammation Score:-3, Nutrition Score:6.5869565632032%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 242.93kcal (12.15%), Fat: 10.66g (16.39%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 32.25g (11.73%), Sugar: 10.44g (11.6%), Cholesterol: 27.28mg (9.09%), Sodium: 118.09mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Manganese: 0.74mg (37.18%), Fiber: 3.43g (13.73%), Vitamin E: 1.48mg (9.84%), Phosphorus: 87.59mg (8.76%), Iron: 1.56mg (8.68%), Copper: 0.15mg (7.49%), Vitamin B6: 0.14mg (6.81%), Potassium: 219.74mg (6.28%), Calcium: 61.92mg (6.19%), Magnesium: 24.05mg (6.01%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 1mg (4.98%), Vitamin A: 237.73IU (4.75%), Vitamin B2: 0.08mg (4.44%), Vitamin K: 4.64µg (4.42%), Zinc: 0.61mg (4.06%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.37mg (3.66%), Folate: 7.36µg (1.84%), Vitamin B12: 0.07µg (1.09%)