



## Texas Lime in the Coconut Muffins

 Vegetarian

READY IN



**55 min.**

SERVINGS



**10**

CALORIES



**403 kcal**

SIDE DISH

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.8 cup coconut or flaked
- ☐ 0.8 cup virgin coconut oil
- ☐ 4 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup grapeseed oil
- ☐ 2 tablespoons ground flaxseed
- ☐ 0.3 cup juice of lime fresh

- ☐ 4 lime zest
- ☐ 1 cup milk
- ☐ 1.3 cups sugar raw
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups flour whole wheat

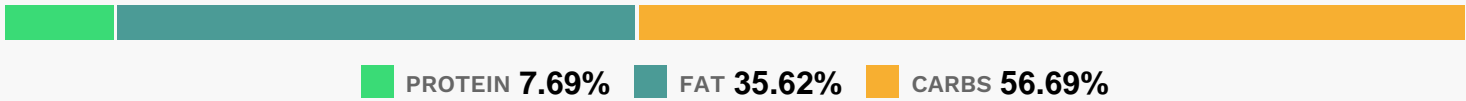
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 10 Texas-size muffin cups or line with paper muffin liners.
- ☐ Whisk sugar, coconut oil, and grapeseed oil together in a bowl.
- ☐ Add eggs and lime zest; whisk until smooth.
- ☐ Whisk whole wheat flour, all-purpose flour, flaked coconut, flaxseed, baking powder, and salt together in a bowl. Stir milk and lime juice together in another bowl.
- ☐ Whisk milk mixture into sugar mixture. Gently fold flour mixture into sugar mixture until batter is just combined. Spoon batter into prepared muffin cups.
- ☐ Bake in the preheated oven until lightly browned and a toothpick inserted in the center comes out clean, about 40 minutes.
- ☐ Transfer muffins to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:10.64, Inflammation Score:-4, Nutrition Score:12.983043463334%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 403.23kcal (20.16%), Fat: 16.52g (25.42%), Saturated Fat: 8.03g (50.21%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 54.57g (19.84%), Sugar: 28.85g (32.06%), Cholesterol: 68.4mg (22.8%), Sodium: 282.67mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.05%), Manganese: 1.08mg (53.87%), Selenium: 24.29µg (34.7%), Phosphorus: 196.1mg (19.61%), Vitamin B1: 0.28mg (18.55%), Fiber: 4.57g (18.3%), Vitamin B2: 0.24mg (14.18%), Calcium: 137.22mg (13.72%), Iron: 2.42mg (13.45%), Vitamin E: 2.01mg (13.42%), Folate: 51.23µg (12.81%), Magnesium: 47.54mg (11.89%), Vitamin C: 9.72mg (11.78%), Vitamin B3: 2.06mg (10.29%), Copper: 0.2mg (10.01%), Vitamin B6: 0.17mg (8.25%), Zinc: 1.14mg (7.63%), Vitamin B5: 0.67mg (6.73%), Potassium: 232.47mg (6.64%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.62µg (4.14%), Vitamin A: 152.61IU (3.05%)