



## Upside-Down Orange Puffs

READY IN



35 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 7.5 ounces biscuits refrigerated
- 2 tablespoons orange juice
- 1 teaspoon orange zest grated
- 0.3 cup sugar

### Equipment

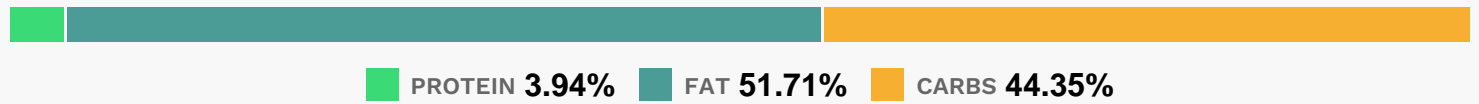
- sauce pan
- oven

- wire rack
- muffin liners

## Directions

- In a saucepan, combine butter, sugar, orange juice and peel. Cook and stir over medium heat until sugar is dissolved. Divide among 10 muffin cups.
- Make a hole in the center of each biscuit; place over orange mixture.
- Bake at 450° for 8–10 minutes or until golden brown. Immediately invert onto a wire rack to cool.

## Nutrition Facts



## Properties

Glycemic Index:23.71, Glycemic Load:10.2, Inflammation Score:-2, Nutrition Score:2.5830435079077%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 139.27kcal (6.96%), Fat: 8.13g (12.51%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.39g (5.6%), Sugar: 6.02g (6.69%), Cholesterol: 12.41mg (4.14%), Sodium: 236.87mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Phosphorus: 93.41mg (9.34%), Vitamin B1: 0.09mg (6.29%), Selenium: 4.09µg (5.84%), Manganese: 0.08mg (4.2%), Folate: 16.13µg (4.03%), Iron: 0.71mg (3.96%), Vitamin B2: 0.07mg (3.89%), Vitamin B3: 0.73mg (3.65%), Vitamin A: 149.88IU (3%), Vitamin E: 0.41mg (2.76%), Vitamin C: 1.97mg (2.39%), Potassium: 56.31mg (1.61%), Calcium: 12.53mg (1.25%), Fiber: 0.3g (1.22%), Vitamin K: 1.27µg (1.21%), Magnesium: 4.15mg (1.04%)