



## Whole Wheat Apricot Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 cup apricots dried finely chopped
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup buttermilk low-fat
- ☐ 1.3 teaspoons orange rind grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup flour whole wheat

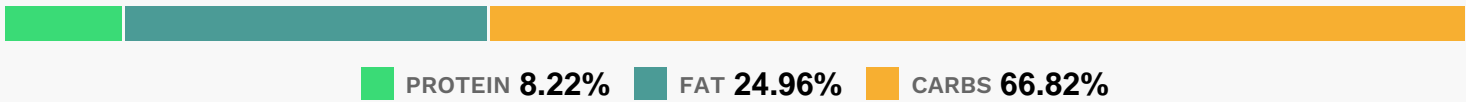
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, sugar, orange rind, baking soda, and salt in a large bowl, stirring with a whisk; make a well in center of mixture.
- ☐ Combine buttermilk, butter, vanilla, and egg; add to flour mixture, stirring just until moist. Fold in apricots.
- ☐ Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Bake at 375 for 15 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pan, and place on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:19.04, Glycemic Load:13.57, Inflammation Score:-4, Nutrition Score:5.5156522159991%

Nutrients (% of daily need)

Calories: 167.32kcal (8.37%), Fat: 4.8g (7.38%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 27.09g (9.85%), Sugar: 15.15g (16.84%), Cholesterol: 26.47mg (8.82%), Sodium: 207.1mg (9%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.55g (7.11%), Manganese: 0.37mg (18.5%), Selenium: 9.67µg (13.81%), Vitamin A: 541.99IU (10.84%), Vitamin B1: 0.13mg (8.39%), Vitamin B2: 0.12mg (7.29%), Fiber: 1.81g (7.23%), Phosphorus: 69.98mg (7%), Folate: 26.24µg (6.56%), Vitamin B3: 1.25mg (6.23%), Iron: 1.1mg (6.12%), Potassium: 198.96mg (5.68%), Vitamin E: 0.69mg (4.58%), Magnesium: 17.75mg (4.44%), Copper: 0.09mg (4.28%), Calcium: 36.92mg (3.69%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.09µg (1.49%)