



Whole-Wheat Orange Juice Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1 cup orange juice
- ☐ 0.8 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup flour whole-wheat

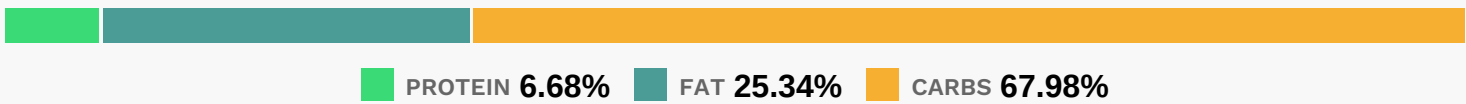
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine all-purpose flour and next 5 ingredients (all-purpose flour through cinnamon) in a medium bowl; stir well with a whisk. Make a well in center of mixture.
- ☐ Combine juice, oil, rind, and egg; add to flour mixture, stirring just until moist. Stir in raisins. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Sprinkle evenly with 1 tablespoon sugar.
- ☐ Bake at 400 for 20 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove from pan. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:35.07, Glycemic Load:18.99, Inflammation Score:-2, Nutrition Score:5.9326086536698%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 184.14kcal (9.21%), Fat: 5.32g (8.18%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 30.78g (11.19%), Sugar: 14.72g (16.35%), Cholesterol: 15.5mg (5.17%), Sodium: 223.39mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Manganese: 0.35mg (17.4%), Selenium: 9.79µg (13.99%), Vitamin C: 10.85mg (13.15%), Vitamin B1: 0.17mg (11.24%), Folate: 39.17µg (9.79%), Vitamin K: 8.76µg (8.35%), Vitamin B2: 0.12mg (7.31%), Phosphorus: 68.13mg (6.81%), Iron: 1.22mg (6.76%), Vitamin B3: 1.33mg (6.64%), Fiber: 1.31g (5.25%), Calcium: 52.38mg (5.24%), Copper: 0.08mg (3.92%), Magnesium: 15.45mg (3.86%), Potassium: 128.13mg (3.66%), Vitamin E: 0.48mg (3.19%), Vitamin B6: 0.06mg (3.13%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.21mg (2.11%), Vitamin A: 64.65IU (1.29%)