

Orange Fig Muffins

Yield - 48 muffins



<u>Ingredients</u>	<u>Weights</u>	<u>Measures</u>	<u>How to Prepare</u>
All-purpose flour	2 lb. 8 oz.	9 cups	1. Preheat oven to 400° F.
Baking powder	-----	5 tsp.	2. Butter and flour muffin cups (2¼" size); set aside.
Granulated sugar	1 lb. 8 oz.	3½ cups	3. Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds.
Large eggs	-----	4 each	4. Add eggs, milk, orange extract, and margarine; mix together on low speed just long enough to blend, about 15 seconds.
Milk	48 fl. oz.	1½ qt.	5. Batter will be lumpy. Quickly stir in figs.
Orange extract	-----	2 tsp.	6. Fill muffin cups with No. 16 scoop about 2/3 full.
Softened margarine	-----	1¾ cup	7. Bake for 20 to 25 minutes or until golden brown.
Diced figs	1 lb. 2 oz.	3 cups	8. Remove from pans immediately and cool on rack.

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----- **Nutrition Information Per Serving:** -----

Calories = 254	Carbohydrate = 41 g	Vitamin A = 93 RE
Fat = 7.9 g	Dietary Fiber = 1 g	Vitamin C = 0 mg
Saturated Fat = 1.8 g	Sodium = 142 mg	Calcium = 80 mg
Protein = 4 g	Cholesterol = 19 mg	Iron = 1.4 mg

Recipe provided by [California Fig Board](#). (Note: This recipe has not been standardized or tested by USDA).

Recipe Category: Desserts.
 Key USDA Commodity: Figs, Whole, Dried.
 Food Group: Fruits and Vegetables.
 Fact Sheet Database: **Facts About USDA Commodities for Schools ...** For more information visit our web site at <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.
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