

Orange Fig Muffins



Yield - 48 muffins

Ingredients

All-purpose flour
Baking powder
Granulated sugar
Large eggs
Milk
Orange extract
Softened margarine
Diced figs

Weights

2 lb. 8 oz.

1 lb. 8 oz.

48 fl. oz.

1 lb. 2 oz.

Measures

9 cups
5 tsp.
3½ cups
4 each
1½ qt.
2 tsp.
1¾ cup
3 cups

How to Prepare

1. Preheat oven to 400° F.
2. Butter and flour muffin cups (2¼" size); set aside.
3. Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds.
4. Add eggs, milk, orange extract, and margarine; mix together on low speed just long enough to blend, about 15 seconds.
5. Batter will be lumpy. Quickly stir in figs.
6. Fill muffin cups with No. 16 scoop about 2/3 full.
7. Bake for 20 to 25 minutes or until golden brown.
8. Remove from pans immediately and cool on rack.

Nutrition Information Per Serving:

Calories = 254

Fat = 7.9 g

Saturated Fat = 1.8 g

Protein = 4 g

Carbohydrate = 41 g

Dietary Fiber = 1 g

Sodium = 142 mg

Cholesterol = 19 mg

Vitamin A = 93 RE

Vitamin C = 0 mg

Calcium = 80 mg

Iron = 1.4 mg

Recipe provided by California Prune Board. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category:

Key USDA Commodity:

Food Group:

Fact Sheet Database:

E-mail Comments to:

Desserts

Diced Figs

Fruits and Vegetables

FD website: www.fns.usda.gov/fdd/facts/schfacts/cats.htm

USDA/Food Distribution Division at: fdd-psb@fns.usda.gov