

Birzeit University

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation & NUTD23

**"Spicy Muffins"**

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**Introduction**

Muffins are considered one of the famous English traditional sweets in the world, which are frequently prepared in all international kitchens, as they are light types that are often served with tea for breakfast or dinner, and there are many types that can be prepared and the ways of dividing its categories vary. where they classify it according to the ingredients that were used to prepare it, in addition to the method of mixing the ingredients as well. It is considered a quick bread so it is made of flour, and it is sifted with baking soda as a raising agent. Add to it butter, ghee, oil, eggs and any flavorings. When preparing the muffin, stir it for a short time, so it remains a little lumpy and becomes thicker. Muffins should also be smaller in size with whole grains with lower sugar content, liquid vegetable oil rather than margarine or butter, and added foods such as nuts and flavorings so that they are healthier and calorie-appropriate.

 **Ingredients**

* 1 egg
* 1 c milk
* 1/4 c salad oil
* 2 c flour (1c whole wheat + 1 c all-purpose flour)
* 1/2 c sugar
* 3 tsp baking powder
* 1/2 tsp salt
* 1 tsp cinnamon
* 1 tsp nutmeg (about 2 grams)
* ½ tsp ginger

**Procedure**

**1**. The oven was heated to 200C.

**2.** 1 egg was beaten in a bowl.

**3.** ¼ cup of oil was added to the bowl containing the egg.

**4.** 1 cup of milk was added to the previous bowl.

**5.** The liquid ingredients were mixed using a whisk.

**6.** In another bowl, 2 cups of flour (1 cup of all-purpose +1 cup of whole wheat) were sifted and transferred to it.

**7.** ½cup of sugar was added to the bowl (containing dry ingredient bowl).

**8**. 3 tsp of baking powder were added to the bowl.

**9**. ½ tsp of salt was added.

**10.** 1 tsp of each of cinnamon and nutmeg were added.

**11**. ¼ tsp of ginger was added.

**12.** The dry ingredients were mixed well and added to the bowl containing liquid ingredients, and mixed well using a spatula.

**13.** The muffin cups were buttered with oil before adding the muffins batter to it and filled with the mixture (2/3 full of the cup was filled with the batter).

**14.** The rest of the mixture were added to another pan (the pan was greased).

**15.** Muffins were baked in the oven for 20 minutes and served with a cup of tea.

**Product evaluation**

Aside from their great taste, muffins are a good source of nutrients, vitamins and minerals. Consumption of 100 grams of muffin provides about 203 kcal, 8.8 g of protein, 2.1g of lipid, 40.4 g of carbohydrates, 265 mg of calcium, 2.45mg of iron, 472 mg of sodium and .41 mg of vitamin E. Moreover, various amino acids were found: .13 grams of tryptophan, .28 g of threonine, .61 grams of leucine, .14 grams of methionine, and .19 grams of Cysteine ​​in 100 g of muffins.

In addition to that, the muffin recipe does not contain a high percentage of sugar, as the amount of sugar used is half a cup for every 12 pieces of muffins. Also, using a medium egg provides the body with 5.53 g of protein. The body needs .8 g of protein per one kilogram of body weight per day, so it is not very rich in protein.

 But it is rich in cholesterol, as it supplies the body with approximately 164 mg of cholesterol, while the human body needs 100-300 mg per day of cholesterol. Also, a high-fiber recipe is to use a cup of wheat flour, which is a rich source of fiber, while the all-purpose flour provides the body with about 22 g of carbohydrates and 3 g of protein. While a cup of used milk provides the body with an amount of 300 mg of calcium.

and the wheat flour used to make muffins contains insoluble fiber, so too much eating them leads to diarrhea and the matter may increase Worse in some people with IBS, the excessive consumption of cholesterol provided by the egg can lead to many heart diseases and diabetes, so it is not good for people who suffer from high blood pressure.

 But excessive consumption of muffins causes several problems, the most important of which is weight gain caused by calories and fats entering the body when overeating muffins.

**Lamis**: it’s a very delicious dessert, the taste was great, the taste of cinnamon and ginger was apparent and delicious at same time.

**Ola:** For me it was very delicious and I liked the taste of cinnamon in it.

**Raneen:** It tastes good, is light on the stomach, is easy to digest, and does not take time to prepare.

**Rose:** I didn't like the muffin, and it wasn't as tasty as a cake I couldn't even eat it whole; it tastes a little spicy and has a strange taste that I can't describe, but I definitely won't make it and won't eat it again

**Majdal**: It tastes good, is light on the stomach, is easy to digest, and does not take time to prepare.

**Somoud:** the muffin has a great taste and did not contain high sugar because we did not add a lot of sugar and followed the recipe accurately and the taste of muffin is fragile and soft when eaten. ginger gave a great taste for the muffin**.**

**Discussion and Conclusion**

Muffin is an individual sized baked product. Distinguishing factors, prominent flatbread, cake-like quick cupcake. It contains many essential elements and nutrients in addition to being a filling meal, it is usually eaten as breakfast food, often accompanied by a cup of coffee or tea. and the result was 8 Muffins, we must Take into account the amount we eat of muffin, because more of them increases the calories in addition to the drink and supplements that you eat with it. We must make sure that it is healthy and low in calories so that the meal of pancakes is healthy and good.

 **References**

* <https://www.webteb.com/nutritionfacts/baked/%D8%A7%D9%84%D9%85%D8%A7%D9%81%D9%86-%D8%A7%D9%84%D8%A7%D9%86%D8%AC%D9%84%D9%8A%D8%B2%D9%8A-muffins-%D8%A7%D9%84%D9%82%D9%85%D8%AD-%D8%A7%D9%84%D9%83%D8%A7%D9%85%D9%84_18266?fbclid=IwAR0ROw4H82vUUcFvDg0laQDBaiASOYGZEjhwebcFk__nbzd_CxZS7IbQ5h4>

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