



Basic Carrot Cupcakes

 Vegetarian

READY IN



34 min.

SERVINGS



32

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups lightly brown sugar light packed
- ☐ 0.8 cup canola oil
- ☐ 3 cups carrots grated finely chopped
- ☐ 2.5 teaspoons cinnamon
- ☐ 4 large eggs
- ☐ 9 oz flour all-purpose
- ☐ 1 cup pecans toasted finely chopped

- ☐ 8 oz pineapple dry crushed drained canned
- ☐ 1 teaspoon salt
- ☐ 0.8 cup butter unsalted melted
- ☐ 1 teaspoon vanilla extract

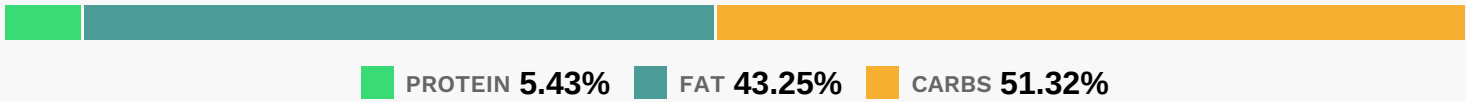
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees FIn a medium bowl, mix together the flour, baking soda, salt and cinnamon. Set aside.In a large bowl, whisk together the eggs, brown sugar and vanilla.
- ☐ Add the oil and melted butter and stir until mixed, then add the flour mixture and stir until mixed. Stir in the carrots, nuts and pineapple.Line about 32 cupcake cups with liners
- ☐ Bake at 350 degrees for 20–24 minutes, or until they are golden and a toothpick inserted into the center comes out clean.
- ☐ Let cool on a rack and frost with your favorite cream cheese icing

Nutrition Facts



Properties

Glycemic Index:6.28, Glycemic Load:4.84, Inflammation Score:-8, Nutrition Score:5.4782608695652%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 171.22kcal (8.56%), Fat: 8.43g (12.97%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.55g (7.83%), Sugar: 15.08g (16.75%), Cholesterol: 34.69mg (11.56%), Sodium: 162.99mg (7.09%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 2.38g (4.77%), Vitamin A: 2176.16IU (43.52%), Manganese: 0.23mg (11.74%), Selenium: 5.06µg (7.24%), Vitamin B1: 0.09mg (6.2%), Folate: 24.05µg (6.01%), Vitamin B2: 0.08mg (4.93%), Copper: 0.1mg (4.75%), Iron: 0.75mg (4.19%), Phosphorus: 40.27mg (4.03%), Vitamin E: 0.6mg (3.99%), Fiber: 0.97g (3.89%), Vitamin B3: 0.67mg (3.37%), Vitamin B6: 0.06mg (3.09%), Magnesium: 12.24mg (3.06%), Potassium: 100.91mg (2.88%), Calcium: 27.69mg (2.77%), Vitamin K: 2.2µg (2.09%), Vitamin B5: 0.21mg (2.09%), Zinc: 0.3mg (1.98%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.2µg (1.37%), Vitamin B12: 0.06µg (1.08%)