



Beet-Poppy Seed Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



100

CALORIES



33 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups beet fresh shredded peeled
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 5 tablespoons olive oil
- ☐ 1 tablespoon orange zest packed

- ☐ 12 paper baking cups
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 teaspoon salt

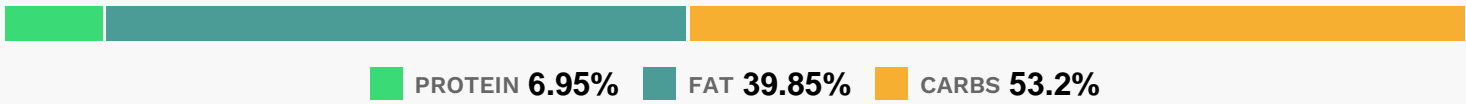
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Whisk together flour, brown sugar, poppy seeds, baking powder, baking soda, and salt in a large bowl. Stir in eggs, olive oil, and orange zest. Fold in shredded beet. (Do not squeeze juice from shredded beet.)
- ☐ Place paper baking cups in a 12-cup muffin pan. Spoon batter into cups, filling two-thirds full.
- ☐ Bake 20 to 22 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:0.72782609255418%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 32.65kcal (1.63%), Fat: 1.48g (2.27%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.71g (3.01%), Cholesterol: 3.84mg (1.28%), Sodium: 33.23mg (1.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Folate: 7.25µg (1.81%), Selenium: 1.02µg (1.45%), Manganese: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.32%), Vitamin B3: 0.21mg (1.07%), Phosphorus: 10.06mg (1.01%)