



Blueberry-Carrot Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

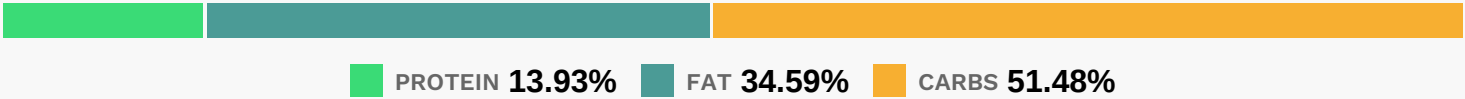
- ☐ 4 oz carrots 100%
- ☐ 19 oz corn muffin mix wild
- ☐ 12 servings eggs

Equipment

Directions

- ☐ Make blueberry muffins as directed on box--except substitute carrot pure for the oil.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:10.502608641334%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.42kcal (12.72%), Fat: 9.68g (14.9%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 29.24g (10.63%), Sugar: 9.74g (10.82%), Cholesterol: 164.58mg (54.86%), Sodium: 435.73mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Vitamin A: 1867.91IU (37.36%), Phosphorus: 309.92mg (30.99%), Selenium: 16.03µg (22.9%), Vitamin B2: 0.33mg (19.33%), Folate: 64.22µg (16.06%), Vitamin B1: 0.22mg (14.37%), Fiber: 3.18g (12.73%), Iron: 1.92mg (10.67%), Vitamin B5: 0.92mg (9.16%), Manganese: 0.17mg (8.36%), Vitamin B3: 1.63mg (8.13%), Vitamin B6: 0.15mg (7.26%), Vitamin B12: 0.43µg (7.2%), Vitamin D: 0.88µg (5.87%), Zinc: 0.85mg (5.64%), Calcium: 53.34mg (5.33%), Magnesium: 17.19mg (4.3%), Potassium: 141.68mg (4.05%), Vitamin E: 0.6mg (3.97%), Copper: 0.07mg (3.7%), Vitamin K: 3.62µg (3.45%)