



WHATSheATE



Carrot Cake Cupcakes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1 carrots shredded whole
- ☐ 1.3 tsp cinnamon
- ☐ 1 cup sugar raw
- ☐ 0.3 tsp salt
- ☐ 1.5 cup apple sauce unsweetened
- ☐ 1 tsp vanilla extract

☐

1.5 cups pastry flour whole wheat

Equipment

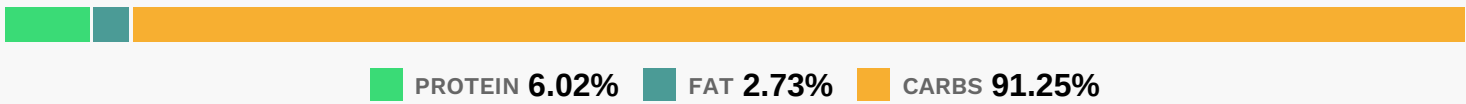
- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 F. Grease a muffin pan or spray paper liners to prevent sticking and set aside. In a medium bowl, mix flour, baking powder, soda, sugar, salt & cinnamon in a medium bowl. In a large bowl, mix applesauce, vanilla and carrots.
- ☐ Add dry mix to wet mix in 3–4 batches. Stir until just combined. Fill cups to the top bake 15–25 minutes or until a toothpick inserted in the center comes out clean.For cream cheese icing, use electric beaters to whip and combine 1 container Tofutti cream cheese, 1 tsp vanilla extract and 1/2 cup confectioners sugar at a time until the consistency is thick and sweet enough.For maple icing, use electric beaters to whip and combine 1 cups confectioners sugar, 3 tbsp maple syrup and 1 tsp cinnamon, adding additional sugar as necessary to reach a thick and fluffy consistency.Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber2gSugars20gProtein2g

Nutrition Facts



Properties

Glycemic Index:11.99, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:5.4486956700035%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 134.27kcal (6.71%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 29.5g (10.73%), Sugar: 19.75g (21.94%), Cholesterol: 0mg (0%), Sodium: 198.94mg (8.65%), Alcohol: 0.12g (100%), Alcohol %: 0.22% (100%), Protein: 2.09g (4.18%), Manganese: 0.68mg (34.04%), Vitamin A: 860.22IU (17.2%), Selenium: 9.38µg (13.4%), Fiber: 2.23g (8.91%), Phosphorus: 65.61mg (6.56%), Vitamin B1: 0.09mg (5.78%), Magnesium: 22.72mg (5.68%), Iron: 0.75mg (4.18%), Vitamin B3: 0.82mg (4.12%), Vitamin B6: 0.08mg (3.84%), Copper: 0.07mg (3.74%), Calcium: 35.3mg (3.53%), Potassium: 99.89mg (2.85%), Zinc: 0.42mg (2.81%), Vitamin B2: 0.04mg (2.19%), Folate: 8.5µg (2.12%), Vitamin E: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.18%), Vitamin K: 1.19µg (1.14%)