



Carrot Cake Muffins

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.8 cup sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 8 oz pineapple rings crushed drained canned
- 0.3 cup vegetable oil
- 2 eggs whole

- 2 egg whites
- 3 teaspoons vanilla
- 3 cups carrots grated
- 0.5 cup pecans toasted chopped
- 0.5 cup golden raisins

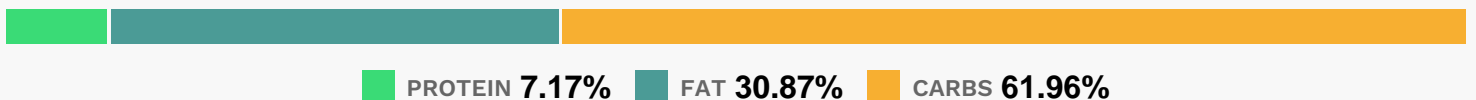
Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Heat oven to 350°F.
- Place paper baking cup in each of 15 regular-size muffin cups; spray paper cups with cooking spray.
- In large bowl, mix flour, sugar, baking soda, salt and cinnamon; make well in center of mixture. In medium bowl, stir pineapple, oil, eggs, egg whites and vanilla with whisk; add to flour mixture, stirring just until moistened. Fold in carrots, pecans and raisins. Divide batter evenly among muffin cups.
- Bake 22 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:19.08, Inflammation Score:-10, Nutrition Score:9.7082609275113%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 203.66kcal (10.18%), Fat: 7.11g (10.94%), Saturated Fat: 1.01g (6.28%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 30.14g (10.96%), Sugar: 16.55g (18.39%), Cholesterol: 21.82mg (7.27%), Sodium: 334.84mg (14.56%), Alcohol: 0.28g (100%), Alcohol %: 0.38% (100%), Protein: 3.71g (7.43%), Vitamin A: 4318.4IU (86.37%), Manganese: 0.36mg (17.83%), Vitamin B1: 0.19mg (12.68%), Selenium: 8.57µg (12.25%), Vitamin K: 10.57µg (10.07%), Folate: 39.99µg (10%), Vitamin B2: 0.16mg (9.49%), Fiber: 1.98g (7.91%), Vitamin B3: 1.39mg (6.95%), Iron: 1.2mg (6.64%), Copper: 0.12mg (5.99%), Phosphorus: 55.99mg (5.6%), Potassium: 186.06mg (5.32%), Vitamin B6: 0.09mg (4.39%), Magnesium: 16.42mg (4.1%), Vitamin E: 0.6mg (4%), Vitamin C: 3.13mg (3.8%), Zinc: 0.45mg (3.03%), Vitamin B5: 0.28mg (2.79%), Calcium: 23.66mg (2.37%)