



Carrot Cake Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 cups carrots grated
- ☐ 2 egg whites
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup pecans toasted chopped
- ☐ 8 oz pineapple rings crushed drained canned
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup vegetable oil

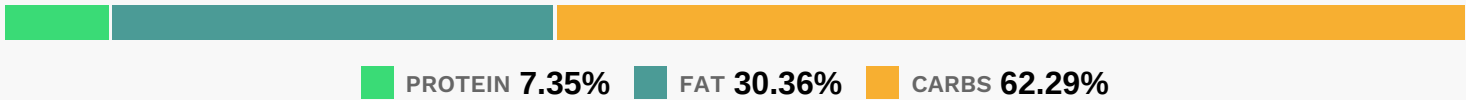
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Place about 15 paper baking cups in muffin pans, and coat with cooking spray.
- ☐ Combine flour and next 4 ingredients in a large bowl; make a well in center of mixture.
- ☐ Whisk together pineapple and next 4 ingredients; add pineapple mixture to flour mixture, stirring just until dry ingredients are moistened. Fold in carrots, pecans, and raisins. Spoon batter into baking cups, filling about two-thirds full.
- ☐ Bake at 350 for 22 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.57, Glycemic Load:19.08, Inflammation Score:-10, Nutrition Score:9.7043477296829%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg 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: 202.69kcal (10.13%), Fat: 6.95g (10.69%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 30.14g (10.96%), Sugar: 16.55g (18.39%), Cholesterol: 24.8mg (8.27%), Sodium: 335.98mg (14.61%), Alcohol: 0.3g (100%), Alcohol %: 0.41% (100%), Protein: 3.79g (7.57%), Vitamin A: 4322.54IU (86.45%), Manganese: 0.34mg (17.1%), Selenium: 8.81µg (12.58%), Vitamin B1: 0.19mg (12.55%), Folate: 40.29µg (10.07%), Vitamin K: 10.56µg (10.06%), Vitamin B2: 0.16mg (9.69%), Fiber: 1.94g (7.78%), Vitamin B3: 1.39mg (6.94%), Iron: 1.2mg (6.68%), Copper: 0.12mg (5.82%), Phosphorus: 56.66mg (5.67%), Potassium: 185.9mg (5.31%), Vitamin B6: 0.09mg (4.43%), Magnesium: 16.12mg (4.03%), Vitamin E: 0.6mg (4.03%), Vitamin C: 3.13mg (3.79%), Zinc: 0.45mg (3%), Vitamin B5: 0.29mg (2.89%), Calcium: 23.88mg (2.39%), Vitamin B12: 0.06µg (1.05%)