



Carrot Cream Cheese Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons baking soda
- 1 cup lowfat buttermilk
- 1 cup carrots grated
- 0.5 cup egg substitute
- 2.3 cups flour all-purpose
- 6 tablespoons lowfat cream cheese softened
- 0.3 cup butter softened
- 2 tablespoons nonfat cream sour
- 2 tablespoons orange juice concentrate frozen

- 0.5 cup raisins drained
- 1 tablespoon vanilla extract
- 0.5 cup walnuts finely chopped
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners.
- In a large bowl, stir together the flour, 1/3 cup of sugar, and baking soda.
- Add the margarine, buttermilk, egg substitute, orange juice, and vanilla, mix until smooth, then stir in the carrots and raisins. Fill each of the prepared muffin cups 2/3 full.
- In a small bowl, mix together the cream cheese, sour cream, and remaining 1/3 cup of sugar, until smooth, then stir in the walnuts. Drop a spoonful of the cream cheese mixture onto the top of each cup of muffin batter.
- Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes, or until golden brown.
- Remove from the pan and place on a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:20.07, Inflammation Score:-8, Nutrition Score:9.2173914080081%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.37kcal (11.77%), Fat: 9.11g (14.01%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.3g (11.38%), Sugar: 8.73g (9.7%), Cholesterol: 6.43mg (2.14%), Sodium: 307.58mg (13.37%), Alcohol: 0.37g (100%), Alcohol %: 0.48% (100%), Protein: 5.81g (11.62%), Vitamin A: 2063.45IU (41.27%), Selenium: 13.55µg (19.36%), Manganese: 0.36mg (18.19%), Vitamin B1: 0.25mg (16.47%), Folate: 56.07µg (14.02%), Vitamin B2: 0.24mg (14.02%), Iron: 1.65mg (9.15%), Phosphorus: 90.6mg (9.06%), Vitamin B3: 1.69mg (8.43%), Copper: 0.15mg (7.34%), Fiber: 1.69g (6.77%), Potassium: 219.16mg (6.26%), Calcium: 59.93mg (5.99%), Vitamin C: 4.65mg (5.64%), Magnesium: 21.39mg (5.35%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.09mg (4.7%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.21µg (3.43%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.44µg (2.95%), Vitamin K: 1.78µg (1.7%)