



Carrot Cupcakes (Rabbit's)

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons tightly brown sugar dark packed
- ☐ 6 tablespoons unsalted butter melted
- ☐ 6 tablespoons canola oil
- ☐ 6 ounces carrots grated
- ☐ 2.5 teaspoons cinnamon
- ☐ 3 large eggs

- ☐ 6.8 oz flour all-purpose
- ☐ 1 cup golden raisins (or a mix of golden and brown)
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cups pineapple dry canned crushed drained
- ☐ 1 teaspoon salt
- ☐ 1 cup walnuts toasted chopped

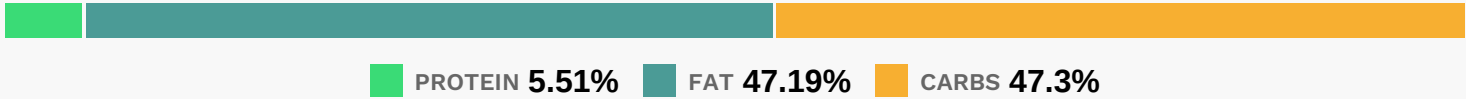
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 350 degrees F. Line 22 to 24 cupcake cups or grease and flour two 8 1/2 by 4 1/2 inch loaf pans.In a small bowl, mix carrots, lemon juice, and pineapple. Set aside.In the bowl of your food processor (or just use a bowl), combine flour, both sugars, baking powder, baking soda, salt and cinnamon. Pulse to mix, then add butter, oil, and eggs, one by one until mixed.
- ☐ Add carrot mixture and pulse until mixed, then add the raisins and walnuts and pulse lightly just to mix or just stir with a rubber spatula.Divide evenly among the cupcake cups, filling a little over 3/4 cup full, or divide among two loaf pans.
- ☐ Bake cupcakes for about 25 minutes or loaves for about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:17.32, Glycemic Load:13.18, Inflammation Score:-7, Nutrition Score:5.2839130551919%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 188.86kcal (9.44%), Fat: 10.27g (15.8%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 22g (8%), Sugar: 14.6g (16.22%), Cholesterol: 30.77mg (10.26%), Sodium: 198mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin A: 1309.36IU (26.19%), Manganese: 0.29mg (14.49%), Selenium: 5.06µg (7.23%), Copper: 0.13mg (6.31%), Vitamin B1: 0.09mg (6.19%), Folate: 24.57µg (6.14%), Vitamin E: 0.86mg (5.73%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 52.48mg (5.25%), Fiber: 1.16g (4.65%), Iron: 0.82mg (4.56%), Vitamin K: 4.16µg (3.96%), Vitamin B6: 0.08mg (3.75%), Magnesium: 14.38mg (3.59%), Vitamin B3: 0.69mg (3.47%), Potassium: 117.82mg (3.37%), Calcium: 30mg (3%), Zinc: 0.34mg (2.25%), Vitamin C: 1.63mg (1.98%), Vitamin B5: 0.19mg (1.95%), Vitamin B12: 0.06µg (1.03%)