



## Carrot Cupcakes with Pureed Carrots

 Vegetarian

READY IN



34 min.

SERVINGS



24

CALORIES



177 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup tightly brown sugar dark packed
- ☐ 0.3 cup browned butter melted
- ☐ 8 oz pineapple crushed canned
- ☐ 0.8 cup well-mashed carrots pureed cooked
- ☐ 3 large eggs
- ☐ 1.5 cups granulated organic
- ☐ 0.8 cup grapeseed oil

- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup pecans toasted chopped (walnuts okay, too)
- ☐ 0.5 cup raisins assorted (golden, flame, etc.)
- ☐ 0.8 teaspoon salt
- ☐ 1 cup coconut or sweetened packed flaked (not too firmly )
- ☐ 9 ounces unbleached flour all-purpose
- ☐ 2 teaspoons vanilla extract

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350 degrees F. Line 24 to 27 cupcake cups with paper liners.
- ☐ Drain the pineapple, reserving the juice.
- ☐ Put the raisins in the pineapple juice to soak, then pat the rest of the pineapple as dry as possible using paper towels.
- ☐ Mix the dry ingredients in a large bowl.
- ☐ Add oil, butter, eggs, and vanilla and stir until well mixed. Stir in nuts, coconut, carrots, and your drained pineapple.
- ☐ Drain the raisins and add them. The batter should be really thick. Divide equally among the cupcake cups. They should be filled a little more than 3/4 full, because these don't rise very much.
- ☐ Bake on center rack for 20 to 24 minutes or until cupcakes are set.
- ☐ Let cool completely, then ice with cream cheese frosting. Cream Cheese Frosting: Beat together 8 oz softened cream cheese and 4 oz softened butter. Stir in 2-3 cups powdered sugar and beat until light, then add a teaspoon of vanilla and a dash of fresh lemon juice.

## Nutrition Facts



 **PROTEIN 7.29%**  **FAT 41.23%**  **CARBS 51.48%**

## Properties

Glycemic Index:12.48, Glycemic Load:7.29, Inflammation Score:-6, Nutrition Score:6.3382608398147%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 176.84kcal (8.84%), Fat: 8.35g (12.85%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 20.82g (7.57%), Sugar: 6.54g (7.27%), Cholesterol: 28.33mg (9.44%), Sodium: 207.88mg (9.04%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 3.32g (6.64%), Manganese: 0.45mg (22.39%), Vitamin A: 768.84IU (15.38%), Vitamin B1: 0.16mg (10.92%), Fiber: 2.65g (10.59%), Selenium: 7.37µg (10.54%), Copper: 0.15mg (7.43%), Folate: 29.33µg (7.33%), Phosphorus: 67.26mg (6.73%), Iron: 1.19mg (6.63%), Vitamin B2: 0.1mg (6.12%), Magnesium: 21.43mg (5.36%), Potassium: 174.42mg (4.98%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.7mg (4.64%), Calcium: 43.6mg (4.36%), Vitamin E: 0.63mg (4.22%), Vitamin B3: 0.84mg (4.2%), Vitamin C: 2.95mg (3.58%), Vitamin B5: 0.26mg (2.56%), Vitamin K: 1.3µg (1.24%)