



Carrot-Oat Muffins

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon oats
- 1 tablespoon granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 cup oats
- 1 cup soymilk
- 0.3 cup eggs fat-free
- 0.3 cup brown sugar packed
- 0.3 cup vegetable oil

- 1 teaspoon vanilla
- 0.8 cup carrots shredded finely
- 0.8 cup flour all-purpose
- 0.8 cup flour whole wheat
- 0.5 cup raisins
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt

Equipment

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

Directions

- Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray.
- In small bowl, mix topping ingredients; set aside.
- In large bowl, mix 1/2 cup oats and the soymilk with fork; let stand 5 minutes. Stir in egg product, brown sugar, oil, vanilla and carrot.
- Add flours, raisins, baking soda, cinnamon and salt; stir just until dry ingredients are moistened. Divide batter evenly among muffin cups (3/4 full).
- Sprinkle topping over batter in each cup.
- Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan to cooling rack.
- Serve warm.

Nutrition Facts

PROTEIN 8.47% FAT 30.2% CARBS 61.33%

Properties

Glycemic Index:35.35, Glycemic Load:9.5, Inflammation Score:-7, Nutrition Score:8.2152174763058%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 174.27kcal (8.71%), Fat: 6g (9.24%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 25.22g (9.17%), Sugar: 7.97g (8.86%), Cholesterol: 18.83mg (6.28%), Sodium: 214.52mg (9.33%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.79g (7.58%), Manganese: 0.6mg (29.77%), Vitamin A: 1442.4IU (28.85%), Selenium: 10.74µg (15.34%), Vitamin B1: 0.15mg (9.75%), Vitamin K: 9.78µg (9.31%), Fiber: 2.2g (8.81%), Vitamin B3: 1.67mg (8.36%), Vitamin B2: 0.13mg (7.89%), Folate: 29.29µg (7.32%), Vitamin E: 1.06mg (7.09%), Phosphorus: 70.73mg (7.07%), Iron: 1.24mg (6.9%), Magnesium: 26.56mg (6.64%), Vitamin B6: 0.12mg (5.88%), Copper: 0.11mg (5.5%), Potassium: 169.19mg (4.83%), Calcium: 47.51mg (4.75%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.52mg (3.48%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.34µg (2.25%), Vitamin B5: 0.22mg (2.18%)