



Carrot Oat Muffins

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup agave nectar raw organic
- 1 cup apple sauce organic
- 3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 cups carrots shredded
- 1 teaspoon cinnamon organic
- 3 eggs organic
- 2 teaspoons ginger chopped

- 0.5 teaspoon salt
- 1 teaspoon vanilla extract organic
- 2 cups oat flour whole organic

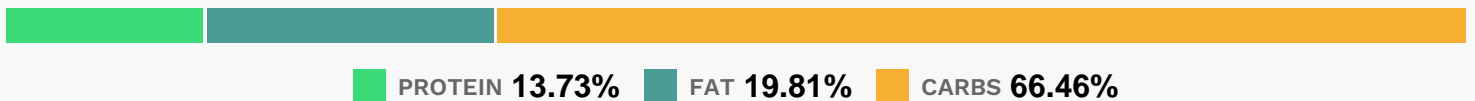
Equipment

- bowl
- oven
- wire rack
- muffin tray

Directions

- Combine all dry ingredients in a bowl
- Combine all wet ingredients in a bowl except carrots and ginger and mix well. Gently add dry ingredients to wet ingredients and mix until just blended. Be careful not to over-mix because this will result in hard muffins. Once the wet and dry ingredients are blended, gently fold in carrots and ginger until spread throughout. Spray muffin tins with nonstick cooking spray and add mixture to 2/3 of the cup.
- Bake at 350F for 20 minutes until golden brown on top.
- Let cool in tins for 2-3 minutes before transferring to a cooling rack.

Nutrition Facts



Properties

Glycemic Index:9.66, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:8.2704347826087%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Taste

Sweetness: 100%, Saltiness: 50.26%, Sourness: 9.94%, Bitterness: 39.55%, Savoriness: 14.62%, Fattiness: 28.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 2g (3.07%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 13.38g (4.87%), Sugar: 4.53g (5.03%), Cholesterol: 27.28mg (9.09%), Sodium: 224.18mg (9.75%), Protein: 3.11g (6.22%), Vitamin A: 3607.81IU (72.16%), Manganese: 0.59mg (29.63%), Selenium: 6.91µg (9.87%), Phosphorus: 97.73mg (9.77%), Vitamin B1: 0.12mg (7.78%), Fiber: 1.68g (6.74%), Calcium: 59.44mg (5.94%), Magnesium: 23.45mg (5.86%), Iron: 0.84mg (4.69%), Vitamin B2: 0.07mg (4.23%), Potassium: 139.88mg (4%), Copper: 0.08mg (3.91%), Zinc: 0.58mg (3.87%), Vitamin K: 4.05µg (3.86%), Vitamin B6: 0.07mg (3.5%), Folate: 13.12µg (3.28%), Vitamin E: 0.37mg (2.44%), Vitamin C: 1.93mg (2.34%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.07µg (1.09%)