



## Carrot Oatmeal Muffins

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



18

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 0.8 cup brown sugar
- 8 ounce pineapple with juice reserved crushed drained canned
- 1 cup canola oil
- 2 cups carrots shredded
- 1 teaspoon cinnamon
- 0.5 cup coconut or flaked

- 0.3 cup cream cheese softened
- 3 eggs beaten
- 1 cup flour all-purpose
- 0.5 cup raisins
- 0.5 cup rolled oats uncooked
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.8 cup sugar white
- 1 cup flour whole wheat

## Equipment

- bowl
- oven
- knife
- muffin liners
- muffin tray

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease muffin tins.
- In a large bowl, mix the all-purpose flour, whole wheat flour, baking soda, baking powder, salt, and cinnamon. Make a well in the center of the mixture, and add white sugar, brown sugar, canola oil, eggs, and vanilla.
- Mix just until evenly moist. Fold in the oats, coconut, raisins, carrots, and pineapple.
- In a bowl, blend the reserved pineapple juice and cream cheese. Fill each muffin cup about 1/2 full with the muffin batter, reserving about 1/3 of the batter. Spoon approximately 1 teaspoon of the cream cheese mixture into the muffin cups. Top with remaining batter, so that each muffin cup is about 2/3 full.
- Bake 25 minutes in the preheated oven, or until a knife inserted in the center of a muffin comes out clean.

## Nutrition Facts

PROTEIN 6.47% FAT 26.16% CARBS 67.37%

## Properties

Glycemic Index:23.04, Glycemic Load:12.42, Inflammation Score:-9, Nutrition Score:8.0639130343562%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 208.85kcal (10.44%), Fat: 6.27g (9.65%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 33.95g (12.35%), Sugar: 20.1g (22.33%), Cholesterol: 30.46mg (10.15%), Sodium: 212.8mg (9.25%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 3.49g (6.98%), Vitamin A: 2465.13IU (49.3%), Manganese: 0.52mg (26.24%), Selenium: 10.34µg (14.77%), Fiber: 2.41g (9.63%), Vitamin B1: 0.13mg (8.68%), Phosphorus: 77.49mg (7.75%), Vitamin B2: 0.11mg (6.59%), Iron: 1.15mg (6.41%), Folate: 23.86µg (5.96%), Magnesium: 22.84mg (5.71%), Copper: 0.11mg (5.42%), Vitamin B3: 1.02mg (5.11%), Potassium: 174.47mg (4.98%), Vitamin E: 0.71mg (4.73%), Vitamin B6: 0.09mg (4.72%), Calcium: 42mg (4.2%), Vitamin K: 4.06µg (3.87%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.3mg (2.98%), Vitamin C: 2.28mg (2.76%), Vitamin B12: 0.07µg (1.2%)