



Carrot-Pineapple-Bran Muffins

READY IN



45 min.

SERVINGS



18

CALORIES



92 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup wheat bran flakes cereal
- ☐ 1 cup carrots shredded
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup milk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons butter melted

- ☐ 8 ounce pineapple in juice crushed undrained canned
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a large bowl. Make a well in center of mixture, and set aside.
- ☐ Combine milk and next 3 ingredients, stirring well. Stir in cereal; let stand 5 minutes.
- ☐ Place carrot and water in a small saucepan. Cover and bring to a boil; reduce heat, and cook 1 to 2 minutes or until carrot is tender.
- ☐ Drain and set aside.
- ☐ Add cereal mixture to flour mixture; add carrot, and stir just until dry ingredients are moistened. Spoon batter evenly into 18 muffin cups coated with cooking spray, filling two-thirds full.
- ☐ Bake at 350 for 20 to 22 minutes or until golden.
- ☐ Remove muffins from pans immediately, and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:21.91, Glycemic Load:10.1, Inflammation Score:-7, Nutrition Score:5.390000032342%

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.71kcal (4.59%), Fat: 1.73g (2.66%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16g (5.82%), Sugar: 5.88g (6.53%), Cholesterol: 10.64mg (3.55%), Sodium: 124.55mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin A: 1341.63IU (26.83%), Folate: 40.57µg (10.14%), Vitamin B1: 0.15mg (9.92%), Manganese: 0.19mg (9.65%), Selenium: 6.42µg (9.17%), Iron: 1.33mg (7.37%), Vitamin B2: 0.13mg (7.36%), Vitamin B3: 1.21mg (6.05%), Phosphorus: 48.19mg (4.82%), Fiber: 1.16g (4.63%), Calcium: 36.91mg (3.69%), Vitamin B6: 0.07mg (3.67%), Vitamin B12: 0.2µg (3.28%), Magnesium: 12.25mg (3.06%), Potassium: 85.34mg (2.44%), Copper: 0.05mg (2.42%), Zinc: 0.31mg (2.07%), Vitamin C: 1.61mg (1.95%), Vitamin B5: 0.17mg (1.73%), Vitamin D: 0.24µg (1.61%), Vitamin K: 1.14µg (1.08%), Vitamin E: 0.15mg (1.03%)