



Carrot-Poppy Seed Muffins

READY IN



35 min.

SERVINGS



100

CALORIES



34 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup firmly brown sugar dark packed
- ☐ 2 cups carrots shredded (3 large)
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup buttermilk low-fat
- ☐ 5 tablespoons olive oil
- ☐ 1 tablespoon orange zest packed

- ☐ 12 paper baking cups
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 teaspoon salt

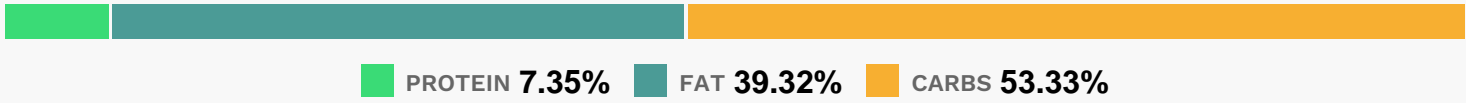
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Whisk together flour, brown sugar, poppy seeds, baking powder, baking soda, and salt in a large bowl. Stir in eggs, olive oil, and orange zest. Fold in shredded carrots and buttermilk.
- ☐ Place paper baking cups in a 12-cup muffin pan. Spoon batter into cups, filling two-thirds full.
- ☐ Bake 20 to 22 minutes or until golden brown.
- ☐ Beet-Poppy Seed Muffins: Switch up the color and flavor by using shredded beets in place of carrots. Prepare recipe as directed, substituting 1 large fresh beet, peeled and shredded (about 1 1/2 cups), for carrots. Omit buttermilk. (Do not squeeze juice from shredded beet.)
Calories 160; Protein 7g; Carbs 7g; Fiber 1g; Fat 9g

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:1.13, Inflammation Score:-3, Nutrition Score:1.1547826087993%

Flavonoids

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: 33.55kcal (1.68%), Fat: 1.5g (2.31%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.78g (3.09%), Cholesterol: 3.91mg (1.3%), Sodium: 36.07mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin A: 435.31IU (8.71%), Selenium: 1.04µg (1.49%), Vitamin B1: 0.02mg (1.43%), Folate: 5.61µg (1.4%), Vitamin B2: 0.02mg (1.2%), Manganese: 0.02mg (1.19%), Phosphorus: 11.74mg (1.17%), Vitamin B3: 0.23mg (1.16%), Calcium: 11.08mg (1.11%)