



Carrot Sweet Potato Muffins

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounce sweet potatoes baby food
- 1 teaspoon baking soda
- 2 tablespoons brown sugar to taste
- 4 ounce carrot baby food
- 2 eggs
- 1 teaspoon ground cinnamon
- 0.5 cup honey
- 1 cup rolled oats

- 0.7 cup vegetable oil
- 1 cup flour whole wheat white sifted

Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.
- Whisk flour, oats, baking soda, and cinnamon together in a bowl.
- Mix sweet potatoes, oil, honey, carrots, eggs, and brown sugar together in a separate bowl; stir into flour mixture until batter is just combined. Spoon batter into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:9.81, Inflammation Score:-10, Nutrition Score:7.8213043212891%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.89kcal (8.09%), Fat: 3.76g (5.79%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 27.44g (9.98%), Sugar: 14.87g (16.52%), Cholesterol: 27.28mg (9.09%), Sodium: 120.08mg

(5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 4300.08IU (86%), Manganese: 0.35mg (17.56%), Fiber: 2.63g (10.52%), Selenium: 4.47µg (6.39%), Vitamin K: 6.25µg (5.95%), Phosphorus: 55.16mg (5.52%), Iron: 0.88mg (4.89%), Potassium: 150.23mg (4.29%), Magnesium: 16.63mg (4.16%), Vitamin B2: 0.07mg (3.91%), Vitamin B6: 0.08mg (3.81%), Vitamin B5: 0.38mg (3.78%), Vitamin B1: 0.05mg (3.67%), Copper: 0.07mg (3.55%), Zinc: 0.45mg (3.03%), Vitamin E: 0.42mg (2.79%), Calcium: 27.25mg (2.73%), Folate: 9.8µg (2.45%), Vitamin B3: 0.3mg (1.5%), Vitamin C: 1.09mg (1.32%), Vitamin B12: 0.07µg (1.09%)