



Carrot-Zucchini Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 medium carrots shredded
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.8 cup orange juice

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup flour whole wheat
- ☐ 1 medium zucchini shredded

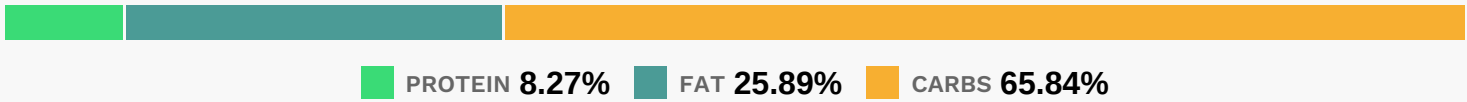
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Combine first 7 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together egg, orange juice, and butter; add to dry ingredients, stirring just until moistened. Fold in carrot and zucchini. Spoon into greased muffin pans, filling two-thirds full.
- ☐ Bake at 400 for 20 minutes.
- ☐ Remove from pans immediately, and cool on wire racks.
- ☐ NOTE: Freeze in an airtight container up to 3 months. To reheat wrap each muffin in a damp paper towel; microwave on HIGH 40 seconds or until warm.

Nutrition Facts



Properties

Glycemic Index:29.66, Glycemic Load:12.85, Inflammation Score:-8, Nutrition Score:8.0856520922288%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 158.47kcal (7.92%), Fat: 4.69g (7.22%), Saturated Fat: 1g (6.25%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 24.92g (9.06%), Sugar: 10.6g (11.77%), Cholesterol: 15.5mg (5.17%), Sodium: 237.33mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin A: 1955.16IU (39.1%), Manganese: 0.55mg (27.71%), Selenium: 11.11µg (15.86%), Vitamin C: 11.29mg (13.68%), Vitamin B1: 0.16mg (10.81%), Folate: 35.98µg (8.99%), Fiber: 1.92g (7.68%), Phosphorus: 76.1mg (7.61%), Vitamin B2: 0.12mg (6.84%), Vitamin B3: 1.35mg (6.76%), Iron: 1.09mg (6.08%), Magnesium: 22.69mg (5.67%), Vitamin B6: 0.1mg (5%), Potassium: 162.32mg (4.64%), Copper: 0.08mg (4.02%), Calcium: 37.79mg (3.78%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.36mg (2.43%), Vitamin K: 2.35µg (2.23%)