



Coconut Mango Muffins with Candied Ginger

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons coconut or flaked
- ☐ 6 ounce coconut milk yogurt plain
- ☐ 1 inch crystallized ginger finely chopped
- ☐ 0.5 cup mangos dried chopped
- ☐ 2 eggs

- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon honey to taste
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons skim milk
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup flour whole wheat

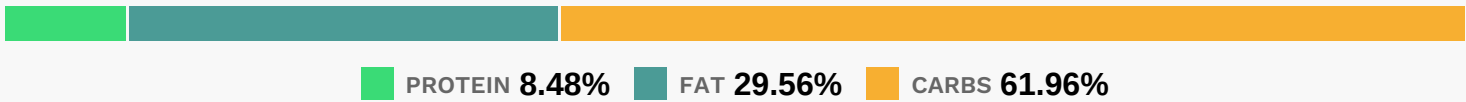
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix all-purpose flour, whole wheat flour, brown sugar, 1/2 cup flaked coconut, baking powder, and salt in a bowl.
- ☐ Beat the eggs in another large bowl until creamy.
- ☐ Add applesauce, coconut milk yogurt, skim milk, vegetable oil, and honey to eggs. Blend well.
- ☐ Stir flour mixture, dried mango, candied ginger, and honey into egg mixture just until blended. Spoon batter into muffin cups, filling about 3/4 of each cup.
- ☐ Sprinkle 2 tablespoons flaked coconut on top.
- ☐ Bake in the preheated oven until a toothpick inserted into the middle of a muffin comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:7.18, Inflammation Score:-6, Nutrition Score:6.141739088556%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 166.83kcal (8.34%), Fat: 5.63g (8.66%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 25g (9.09%), Sugar: 11.97g (13.3%), Cholesterol: 27.35mg (9.12%), Sodium: 218.28mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin A: 1084.26IU (21.69%), Manganese: 0.41mg (20.71%), Selenium: 9.16µg (13.09%), Iron: 1.91mg (10.63%), Phosphorus: 84.04mg (8.4%), Calcium: 81.56mg (8.16%), Vitamin B1: 0.12mg (7.74%), Folate: 27.05µg (6.76%), Fiber: 1.54g (6.14%), Vitamin B2: 0.1mg (5.85%), Vitamin B3: 0.98mg (4.89%), Magnesium: 18.46mg (4.62%), Copper: 0.08mg (4.17%), Zinc: 0.41mg (2.75%), Potassium: 90.29mg (2.58%), Vitamin B6: 0.05mg (2.45%), Vitamin B5: 0.23mg (2.35%), Vitamin K: 2.26µg (2.15%), Vitamin C: 1.77mg (2.15%), Vitamin E: 0.22mg (1.49%), Vitamin B12: 0.08µg (1.33%), Vitamin D: 0.17µg (1.16%)