



## Dark Carrot Raisin Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons apple sauce
- 2 teaspoons double-acting baking powder
- 1 cup buttermilk
- 1.5 cups carrots shredded
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.3 teaspoon nutmeg
- 0.5 cup honey
- 0.7 cup raisins
- 0.1 teaspoon salt
- 0.3 cup vegetable oil
- 2 cups flour whole wheat

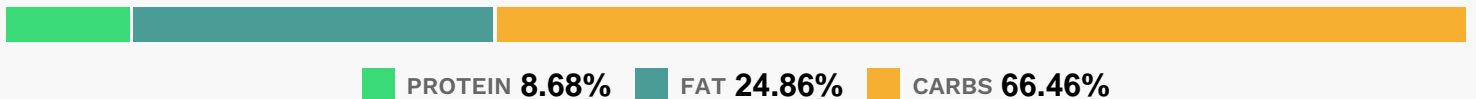
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- Stir together whole wheat flour, all-purpose flour, salt, baking powder, nutmeg, cloves and cinnamon. In a separate bowl, stir together eggs, buttermilk, oil, applesauce and honey. Stir egg mixture into flour just until combined. Fold in carrots and raisins. Spoon batter into prepared muffin cups.
- Bake in preheat oven for 18 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:35.91, Glycemic Load:13.33, Inflammation Score:-9, Nutrition Score:11.646956588911%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 225.18kcal (11.26%), Fat: 6.56g (10.09%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 36.06g (13.11%), Sugar: 13.7g (15.23%), Cholesterol: 29.48mg (9.83%), Sodium: 140.84mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin A: 2748.32IU (54.97%), Manganese: 0.94mg (47.09%), Selenium: 17.31µg (24.73%), Phosphorus: 135.64mg (13.56%), Fiber: 3.38g (13.51%), Vitamin B1: 0.17mg (11.6%), Vitamin K: 11.03µg (10.5%), Vitamin B2: 0.16mg (9.23%), Magnesium: 36.51mg (9.13%), Iron: 1.5mg (8.34%), Calcium: 83.12mg (8.31%), Vitamin B3: 1.59mg (7.95%), Vitamin B6: 0.14mg (7.25%), Potassium: 243.04mg (6.94%), Copper: 0.14mg (6.89%), Folate: 26.46µg (6.62%), Zinc: 0.81mg (5.43%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.39mg (3.9%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.16µg (2.62%), Vitamin C: 1.48mg (1.79%)