



Fluffy Carrot Muffins with Cream Cheese Frosting

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



257 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 2 tablespoons butter softened
- 2 cups carrots grated
- 1.5 cups confectioners' sugar sifted
- 0.3 cup cream cheese softened
- 3 eggs

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 256.72kcal (12.84%), Fat: 7.53g (11.59%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 43.81g (15.93%), Sugar: 32.62g (36.24%), Cholesterol: 50.71mg (16.9%), Sodium: 338.85mg (14.73%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.34g (6.68%), Vitamin A: 3745.91IU (74.92%), Selenium: 8.74µg (12.48%), Folate: 35.15µg (8.79%), Vitamin B2: 0.15mg (8.79%), Manganese: 0.17mg (8.74%), Vitamin B1: 0.13mg (8.59%), Vitamin K: 8.24µg (7.85%), Phosphorus: 59.18mg (5.92%), Iron: 0.99mg (5.51%), Vitamin B3: 1.05mg (5.24%), Calcium: 47.83mg (4.78%), Fiber: 1.11g (4.42%), Vitamin E: 0.59mg (3.92%), Vitamin B5: 0.32mg (3.18%), Potassium: 107.42mg (3.07%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (2.09%), Magnesium: 7.71mg (1.93%), Vitamin B12: 0.11µg (1.87%), Vitamin C: 1.27mg (1.54%), Vitamin D: 0.22µg (1.47%)