



Ginger-Carrot Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup canola oil
- ☐ 3 cups carrots grated (6 medium)
- ☐ 0.5 cup currants dried
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 9 ounces flour all-purpose
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place 18 paper muffin cup liners in muffin cups; coat liners with cooking spray. Set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a large bowl, stirring with a whisk. Make a well in center of mixture.
- ☐ Combine sour cream and next 5 ingredients (through egg), stirring well with a whisk; add to flour mixture, stirring just until moist.
- ☐ Add carrot, currants, and pecans; stir just until combined.
- ☐ Spoon batter into prepared muffin cups.
- ☐ Bake at 350 for 25 minutes or until muffins spring back when touched lightly in the center.
- ☐ Remove muffins from pans immediately, and place on a wire rack.

Nutrition Facts

 **PROTEIN 8.21%**  **FAT 29.01%**  **CARBS 62.78%**

Properties

Glycemic Index:12.61, Glycemic Load:13.11, Inflammation Score:-9, Nutrition Score:7.6126086919204%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 144.32kcal (7.22%), Fat: 4.72g (7.27%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 21.69g (7.89%), Sugar: 9.4g (10.45%), Cholesterol: 11.07mg (3.69%), Sodium: 191.05mg (8.31%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Protein: 3.01g (6.01%), Vitamin A: 3605.46IU (72.11%), Manganese: 0.25mg (12.66%), Selenium: 7µg (10%), Vitamin B1: 0.15mg (9.83%), Folate: 32.96µg (8.24%), Vitamin B2: 0.13mg (7.91%), Vitamin B3: 1.15mg (5.77%), Fiber: 1.32g (5.27%), Iron: 0.91mg (5.07%), Vitamin K: 5.27µg (5.02%), Vitamin E: 0.75mg (4.99%), Phosphorus: 46.62mg (4.66%), Potassium: 145.9mg (4.17%), Copper: 0.07mg (3.26%), Vitamin B6: 0.06mg (2.98%), Calcium: 27.9mg (2.79%), Magnesium: 10.98mg (2.75%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.2mg (1.97%), Vitamin C: 1.46mg (1.77%), Vitamin B12: 0.07µg (1.12%)