



Gluten-Free Carrot and Tangerine Muffins

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter melted
- 0.5 cup carrots shredded
- 1 eggs
- 5.3 oz greek yogurt yoplait®
- 1 teaspoon ground cinnamon
- 0.3 cup brown sugar light packed
- 0.5 cup milk
- 1 teaspoon vanilla gluten-free

- 0.8 cup walnut pieces chopped
- 0.5 cup whipping cream
- 1.3 cups frangelico gluten free bisquick®
- 1.3 cups frangelico gluten free bisquick®


Equipment

- bowl
- oven
- whisk
- hand mixer
- muffin liners

Directions

- Heat oven to 375°F.
- Place paper baking cup in each of 10 regular-size muffin cups; spray paper baking cups with cooking spray (do not use baking spray with flour).
- In medium bowl, stir Bisquick mix, brown sugar and cinnamon with whisk. Make well in center of mixture. In small bowl, stir 1 container yogurt, the milk, melted butter, vanilla and egg with whisk until well blended.
- Add to dry ingredients, stirring just until moistened. Stir in walnuts and carrots just until blended. Divide batter evenly among muffin cups (cups will be full).
- Bake 20 to 25 minutes or until tops of muffins are lightly browned and spring back when touched lightly in center. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 20 minutes.
- Just before serving, beat whipping cream with electric mixer on high speed until stiff peaks form; fold in 1 container yogurt.
- Spread mixture on cooled muffins.

Nutrition Facts



PROTEIN 9.44% **FAT 70.92%** **CARBS 19.64%**

Properties

Glycemic Index:15.98, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:5.4134782215823%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.91kcal (8.8%), Fat: 14.31g (22.01%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.04g (2.92%), Sugar: 7.37g (8.19%), Cholesterol: 41.06mg (13.69%), Sodium: 52.7mg (2.29%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 4.28g (8.57%), Vitamin A: 1395.54IU (27.91%), Manganese: 0.35mg (17.56%), Phosphorus: 82.35mg (8.24%), Copper: 0.15mg (7.66%), Vitamin B2: 0.12mg (7.08%), Calcium: 60.33mg (6.03%), Selenium: 3.98µg (5.68%), Magnesium: 19.86mg (4.96%), Vitamin B6: 0.09mg (4.37%), Vitamin B12: 0.24µg (3.94%), Potassium: 125.82mg (3.59%), Fiber: 0.87g (3.49%), Zinc: 0.51mg (3.41%), Folate: 13.6µg (3.4%), Vitamin B1: 0.05mg (3.25%), Vitamin D: 0.41µg (2.75%), Vitamin B5: 0.27mg (2.73%), Vitamin E: 0.37mg (2.46%), Iron: 0.43mg (2.39%), Vitamin K: 1.87µg (1.78%), Vitamin B3: 0.23mg (1.14%)