



Golden Harvest Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



18

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup almonds sliced
- 1 cup apples shredded peeled
- 2 teaspoons baking soda
- 1 cup brown sugar packed
- 1.5 cups carrots shredded (2 to 3 medium)
- 0.5 cup coconut or
- 2 eggs
- 1 cup flour all-purpose

- 1 cup flour whole wheat
- 2 teaspoons ground cinnamon
- 0.3 cup milk
- 0.5 cup raisins
- 0.5 teaspoon salt
- 2 teaspoons vanilla
- 0.8 cup vegetable oil

Equipment

- bowl
- oven
- whisk
- toothpicks
- muffin liners

Directions

- Heat oven to 350F.
- Place paper baking cup in each of 18 regular-size muffin cups or grease with shortening. In large bowl, beat eggs, oil, milk and vanilla with wire whisk until well blended.
- Add flours, brown sugar, baking soda, cinnamon and salt; stir just until dry ingredients are moistened. With spoon, stir in carrots, apple, coconut, raisins and 1/2 cup of the almonds.
- Divide batter evenly among muffin cups, filling each about 3/4 full.
- Sprinkle remaining 1/4 cup almonds over batter.
- Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from muffin cups.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:6.24, Inflammation Score:-8, Nutrition Score:7.4813044641329%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 171.27kcal (8.56%), Fat: 5.34g (8.22%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 26.39g (9.59%), Sugar: 13.68g (15.2%), Cholesterol: 18.59mg (6.2%), Sodium: 207.22mg (9.01%), Alcohol: 0.15g (100%), Alcohol %: 0.27% (100%), Protein: 3.45g (6.91%), Vitamin A: 1818.91IU (36.38%), Manganese: 0.52mg (25.86%), Selenium: 8.61µg (12.3%), Fiber: 2.44g (9.75%), Vitamin E: 1.33mg (8.85%), Vitamin B2: 0.13mg (7.78%), Vitamin B1: 0.11mg (7.6%), Phosphorus: 73.53mg (7.35%), Magnesium: 26.84mg (6.71%), Iron: 1.1mg (6.09%), Copper: 0.12mg (5.79%), Folate: 22.7µg (5.67%), Vitamin B3: 1.07mg (5.36%), Potassium: 172.15mg (4.92%), Vitamin K: 5.15µg (4.9%), Vitamin B6: 0.08mg (3.88%), Calcium: 38.36mg (3.84%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.24mg (2.35%), Vitamin C: 1.25mg (1.51%), Vitamin B12: 0.06µg (1.03%)