



## Great Apple and Carrot Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1.5 cups apples finely chopped
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup brown sugar
- ☐ 1.5 cups carrots grated
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons ground flax seeds
- ☐ 1 teaspoon kosher salt

- ☐ 0.5 cup olive oil
- ☐ 0.8 cup apple sauce unsweetened
- ☐ 0.5 cup walnuts chopped
- ☐ 6 tablespoons water
- ☐ 0.5 cup sugar white
- ☐ 1 cup flour whole wheat

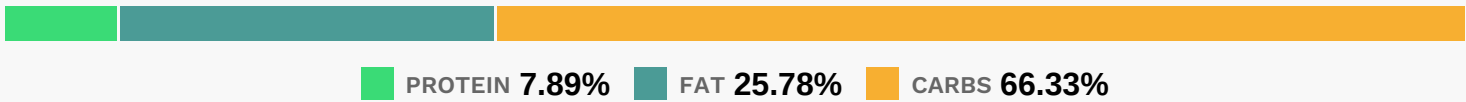
## Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 20 muffin cups, or line with paper muffin liners.
- ☐ Mix water and flax seeds together in a bowl.
- ☐ Stir all-purpose flour, whole wheat flour, baking soda, and salt together in a large bowl.
- ☐ Add carrots and chopped apples; toss to coat.
- ☐ Stir applesauce, white sugar, brown sugar, olive oil, eggs, walnuts, and flax seed mixture into the flour mixture.
- ☐ Mix until batter is well combined.
- ☐ Spoon batter into prepared muffin cups, filling each cup about 3/4 full.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.8, Glycemic Load:7.63, Inflammation Score:-8, Nutrition Score:5.9386957235958%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 135.52kcal (6.78%), Fat: 4.03g (6.21%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 21.56g (7.84%), Sugar: 12.76g (14.18%), Cholesterol: 18.6mg (6.2%), Sodium: 242.06mg (10.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin A: 1639.62IU (32.79%), Manganese: 0.43mg (21.43%), Selenium: 7.82µg (11.17%), Vitamin B1: 0.11mg (7.53%), Fiber: 1.79g (7.17%), Phosphorus: 57.75mg (5.78%), Folate: 22.34µg (5.58%), Copper: 0.11mg (5.27%), Magnesium: 20mg (5%), Vitamin B2: 0.08mg (4.76%), Iron: 0.83mg (4.6%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.08mg (3.83%), Potassium: 108.93mg (3.11%), Zinc: 0.42mg (2.78%), Vitamin E: 0.37mg (2.48%), Vitamin K: 2.43µg (2.31%), Vitamin B5: 0.21mg (2.07%), Calcium: 19.36mg (1.94%), Vitamin C: 1.13mg (1.37%)