



## Happy Apple Zucchini Muffins

 Vegetarian

READY IN



110 min.

SERVINGS



12

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.3 cups apples peeled chopped
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup carrots grated
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 0.5 cup oat bran

- 0.8 cup nonfat yogurt plain
- 0.5 teaspoon vanilla extract
- 1.5 cups flour
- 1 cup zucchini shredded

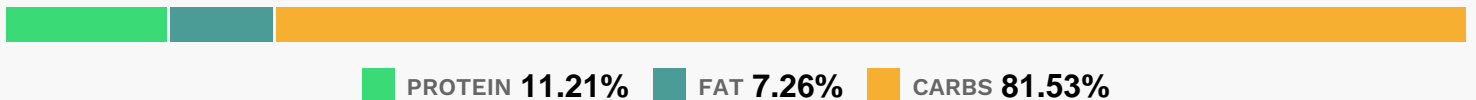
## Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin liners

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
- Sift flour, oat bran, baking soda, baking powder, and cinnamon together in a large bowl; set aside. Beat eggs for 1 minute, then beat in yogurt, brown sugar, and vanilla extract. Stir flour mixture into egg mixture until batter is just blended. Fold apples, zucchini, and carrot into batter until evenly distributed. Spoon batter into prepared muffin cups, filling cups about 2/3 full.
- Bake in preheated oven for 15 minutes and rotate muffin cups 180 degrees. Continue baking until a toothpick inserted into the center comes out clean, about 10 more minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:26.69, Glycemic Load:10.82, Inflammation Score:-6, Nutrition Score:7.2304347805355%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 152.15kcal (7.61%), Fat: 1.3g (2%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 31g (11.27%), Sugar: 16.54g (18.38%), Cholesterol: 27.59mg (9.2%), Sodium: 129.83mg (5.64%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 4.51g (9.02%), Manganese: 0.45mg (22.26%), Vitamin A: 959.6IU (19.19%), Selenium: 10.55µg (15.08%), Vitamin B1: 0.2mg (13.46%), Phosphorus: 110.93mg (11.09%), Vitamin B2: 0.17mg (10.23%), Folate: 40.5µg (10.13%), Calcium: 85.66mg (8.57%), Iron: 1.37mg (7.6%), Fiber: 1.8g (7.21%), Magnesium: 23.57mg (5.89%), Vitamin B3: 1.12mg (5.61%), Potassium: 171.15mg (4.89%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.56mg (3.77%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.9mg (3.52%), Copper: 0.07mg (3.43%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 1.72µg (1.64%), Vitamin E: 0.21mg (1.4%)