



Healthy Sweet Potato Muffins

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons canola oil
- ☐ 2 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon orange zest
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sweet potatoes and into cooked mashed

- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white
- ☐ 1 cup cranberry sauce
- ☐ 0.8 cup flour whole wheat

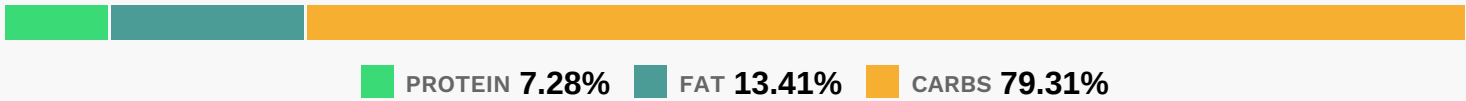
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin.
- ☐ Mix sweet potato, egg whites, sugar, water, applesauce, canola oil, vanilla extract, and orange zest together in a bowl.
- ☐ Whisk all-purpose flour, whole wheat flour, baking powder, salt, and baking soda together in a separate bowl.
- ☐ Mix flour mixture into sweet potato mixture until just combined. Gently stir cranberry sauce into batter. Spoon batter into the prepared muffin tin.
- ☐ Bake in the preheated oven until muffins are browned and tops spring back when pressed lightly in the middle, about 30 minutes. Cool in the muffin tin for 5 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.59, Glycemic Load:14.28, Inflammation Score:-8, Nutrition Score:6.5947825733734%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 181.19kcal (9.06%), Fat: 2.73g (4.2%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 34.5g (12.54%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 256.16mg (11.14%), Alcohol: 0.37g (100%), Alcohol %: 0.56% (100%), Protein: 3.34g (6.67%), Vitamin A: 1586.44IU (31.73%), Manganese: 0.44mg (22.08%), Selenium: 10.38µg (14.83%), Vitamin B1: 0.15mg (10.28%), Fiber: 1.85g (7.41%), Folate: 29.1µg (7.28%), Vitamin B2: 0.12mg (6.89%), Iron: 1.14mg (6.32%), Phosphorus: 62.84mg (6.28%), Vitamin B3: 1.24mg (6.22%), Calcium: 49.54mg (4.95%), Vitamin E: 0.72mg (4.83%), Magnesium: 17.61mg (4.4%), Copper: 0.08mg (3.89%), Vitamin B6: 0.07mg (3.27%), Potassium: 100.76mg (2.88%), Vitamin K: 2.4µg (2.28%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.23mg (1.49%)