

# Hearty Morning Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons baking soda
- 1 medium banana ripe mashed
- 2 cups carrots shredded
- 0.3 cup coconut flakes flaked
- 0.3 cup apricot dried chopped
- 3 eggs
- 2 teaspoons ground cinnamon
- 0.3 cup semi chocolate chips

- 1 cup sugar
- 0.3 cup sunflower seeds
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 2 cups flour whole wheat

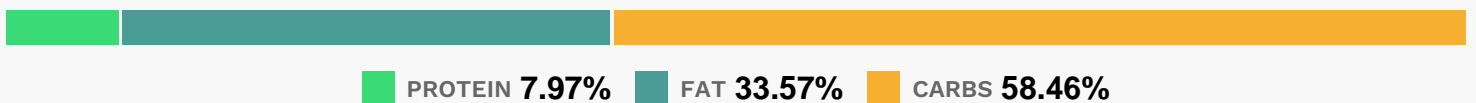
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- In a bowl, combine flour, sugar, baking soda and cinnamon.
- Add the carrots, apricots, sunflower kernels, coconut and chocolate chips. Stir in the banana. Beat eggs, oil and vanilla; stir into carrot mixture just until moistened.
- Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 375° for 18–22 minutes or until a toothpick comes out clean. Cool for 5 minutes; remove from pans to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:12.78, Glycemic Load:9.44, Inflammation Score:-9, Nutrition Score:9.6291304204775%

## Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 183.49kcal (9.17%), Fat: 7.13g (10.97%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 24.91g (9.06%), Sugar: 15.4g (17.11%), Cholesterol: 27.48mg (9.16%), Sodium: 143.71mg (6.25%), Alcohol: 0.15g (100%), Alcohol %: 0.26% (100%), Protein: 3.81g (7.62%), Vitamin A: 2511.29IU (50.23%), Manganese: 0.76mg (38.2%), Selenium: 12.58µg (17.98%), Fiber: 3.03g (12.1%), Phosphorus: 98.71mg (9.87%), Vitamin E: 1.48mg (9.86%), Magnesium: 38.93mg (9.73%), Copper: 0.18mg (9.02%), Vitamin B1: 0.12mg (8.03%), Vitamin B6: 0.15mg (7.68%), Vitamin K: 7.03µg (6.69%), Iron: 1.15mg (6.39%), Vitamin B3: 1.16mg (5.81%), Potassium: 200.72mg (5.73%), Vitamin B2: 0.09mg (5%), Zinc: 0.74mg (4.96%), Folate: 19.36µg (4.84%), Vitamin B5: 0.32mg (3.18%), Calcium: 21.78mg (2.18%), Vitamin C: 1.5mg (1.82%), Vitamin B12: 0.07µg (1.19%)