



Kathie's Zucchini Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs
- ☐ 0.5 cup milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 cup flour whole-wheat
- ☐ 1.3 cups zucchini shredded

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine whole-wheat flour and next 6 ingredients (through salt) in a large bowl; stir with a whisk.
- ☐ Combine zucchini, milk, oil, honey, and egg in a small bowl; stir until blended. Make a well in center of flour mixture; add milk mixture, stirring just until moist. Spoon batter into 12 muffin cups coated with cooking spray.
- ☐ Combine 1 tablespoon sugar and 1/4 teaspoon cinnamon; sprinkle over tops of muffins.
- ☐ Bake at 400 for 15 minutes or until golden.
- ☐ Remove from pans immediately; cool on a wire rack.

Nutrition Facts



 **PROTEIN 8.59%**  **FAT 19.54%**  **CARBS 71.87%**

Properties

Glycemic Index:34.81, Glycemic Load:12.17, Inflammation Score:-2, Nutrition Score:5.320869523546%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 3.13g (4.82%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 24.4g (8.87%), Sugar: 13.13g (14.59%), Cholesterol: 15.81mg (5.27%), Sodium: 150.01mg (6.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 0.52mg (25.98%), Selenium: 10.14µg (14.48%), Vitamin B1: 0.12mg (7.89%), Phosphorus: 77.01mg (7.7%), Fiber: 1.51g (6.05%), Vitamin B2: 0.1mg (5.84%), Folate: 22.66µg (5.66%), Vitamin B3: 0.99mg (4.95%), Calcium: 49.36mg (4.94%), Iron: 0.89mg (4.94%), Magnesium: 19.74mg (4.94%), Vitamin B6: 0.08mg (4.02%), Vitamin E: 0.55mg (3.66%), Copper: 0.06mg (3.21%), Zinc: 0.47mg (3.1%), Vitamin C: 2.49mg (3.02%), Potassium: 105.49mg (3.01%), Vitamin K: 2.54µg (2.42%), Vitamin B5: 0.22mg (2.22%), Vitamin B12: 0.1µg (1.6%), Vitamin A: 72.4IU (1.45%), Vitamin D: 0.2µg (1.3%)