



Low Carb Zucchini Muffins

READY IN



40 min.

SERVINGS



12

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup club soda
- 3 eggs
- 0.8 cup heavy cream
- 1.5 cups soy flour plus 2 tablespoons
- 0.3 cup sugar substitute (recommended: Splenda)
- 4 tablespoons wheat bran
- 0.5 cup zucchini diced with skin on

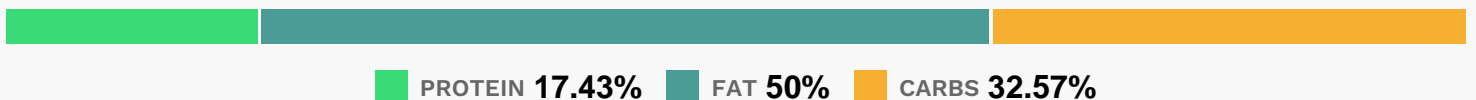
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks
- muffin tray

Directions

- Preheat oven to 375 degrees F.
- Grease a 12-cup muffin tin with nonstick cooking spray or butter. In a small bowl, mix together 4 tablespoons wheat bran and 2 tablespoons soy flour and sprinkle it evenly over each of the 12 cups of the muffin pan.
- In a larger bowl, whisk together the remaining ingredients until completely blended. Fill each muffin cup only 2/3 of the way with the mix, leaving room for them to rise, and bake for about 20 to 25 minutes, or until tops start to brown. The muffins are done when lightly browned and a wooden toothpick inserted in the center of a muffin comes out clean.
- Remove and let cool before taking out of the pan.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:11.202173854994%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 157.8kcal (7.89%), Fat: 9.53g (14.67%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 10.47g (3.81%), Sugar: 6.14g (6.82%), Cholesterol: 57.73mg (19.24%), Sodium: 77.04mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Manganese: 0.9mg (44.89%), Copper: 0.47mg

(23.55%), Magnesium: 93.7mg (23.43%), Phosphorus: 162.27mg (16.23%), Vitamin B2: 0.27mg (16.11%), Folate: 59.2µg (14.8%), Fiber: 3.51g (14.03%), Potassium: 453.58mg (12.96%), Selenium: 8.71µg (12.44%), Vitamin K: 10.62µg (10.12%), Iron: 1.7mg (9.43%), Vitamin B6: 0.16mg (8.05%), Calcium: 79.12mg (7.91%), Vitamin B1: 0.12mg (7.79%), Zinc: 1.11mg (7.41%), Vitamin B3: 1.32mg (6.58%), Vitamin A: 305.64IU (6.11%), Vitamin B5: 0.55mg (5.47%), Vitamin E: 0.61mg (4.03%), Vitamin D: 0.46µg (3.05%), Vitamin B12: 0.12µg (2.03%), Vitamin C: 1.01mg (1.23%)