



Miracle Carrot Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter
- ☐ 1.3 cups carrots shredded
- ☐ 1 teaspoon cinnamon
- ☐ 4 ounces cream cheese
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground allspice

- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon orange zest
- ☐ 1 cup raisins
- ☐ 1.3 cups sugar
- ☐ 1 cup flour whole-wheat

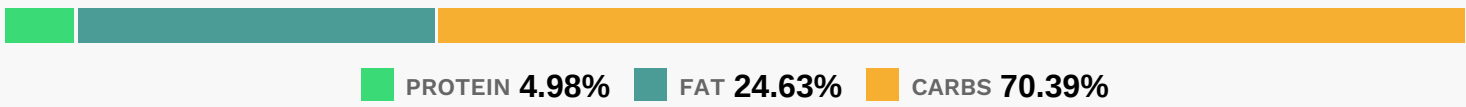
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 37
- ☐ Put sugar, butter, carrots, raisins, salt, spices, and 1 1/3 cups water in a medium saucepan.
- ☐ Heat over high heat, stirring occasionally, just until mixture comes to a boil.
- ☐ Whisk flours, baking powder, and baking soda together in a medium bowl.
- ☐ Pour in warm carrot mixture. Stir to combine, but do not overmix.
- ☐ Spoon mixture into greased muffin cups.
- ☐ Bake until browned and a toothpick inserted into a muffin comes out clean, about 15 minutes.
- ☐ Let cool on a rack.
- ☐ Blend cream cheese with zest and serve with muffins.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:10.81, Inflammation Score:-6, Nutrition Score:3.3347826004028%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 106.93kcal (5.35%), Fat: 3.05g (4.7%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.53g (6.74%), Sugar: 9.3g (10.33%), Cholesterol: 7.88mg (2.63%), Sodium: 157.56mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin A: 990.81IU (19.82%), Manganese: 0.24mg (11.81%), Selenium: 4.32µg (6.18%), Fiber: 1.1g (4.38%), Vitamin B1: 0.06mg (4.2%), Phosphorus: 31.87mg (3.19%), Vitamin B2: 0.05mg (2.96%), Iron: 0.52mg (2.87%), Vitamin B3: 0.56mg (2.8%), Folate: 11.03µg (2.76%), Potassium: 83.16mg (2.38%), Magnesium: 9.12mg (2.28%), Copper: 0.04mg (2.08%), Vitamin B6: 0.04mg (1.87%), Calcium: 18.73mg (1.87%), Zinc: 0.18mg (1.19%), Vitamin C: 0.88mg (1.06%)