



Morning Glory Muffins

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup carrots grated
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup pineapple dried chopped
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 cup brown sugar light packed
- ☐ 1 cup old-fashioned rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 0.7 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400F. Coat a 12-cup muffin tin with cooking spray.
- ☐ In a large bowl, toss carrots, walnuts and pineapple with 2 Tbsp. flour.
- ☐ In a separate large bowl, combine remaining all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, cinnamon and oats. In a medium bowl, whisk together buttermilk, oil, brown sugar and egg, breaking up any clumps of sugar.
- ☐ Add buttermilk mixture to flour mixture and stir until just moistened. Stir in carrot mixture until just combined.
- ☐ Divide batter among muffin cups and bake until a toothpick inserted into center of a muffin comes out clean, 20 to 25 minutes.
- ☐ Let cool on a wire rack for 5 minutes, then turn muffins out of pan onto rack to cool.

Nutrition Facts



 **PROTEIN 8.71%**  **FAT 31.36%**  **CARBS 59.93%**

Properties

Glycemic Index:12.39, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:4.1573912812316%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 95.66kcal (4.78%), Fat: 3.45g (5.31%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 13.7g (4.98%), Sugar: 7.54g (8.38%), Cholesterol: 8.5mg (2.83%), Sodium: 103.4mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Manganese: 0.36mg (18.15%), Vitamin A: 882.86IU (17.66%), Selenium: 4.91µg (7.01%), Phosphorus: 53.14mg (5.31%), Fiber: 1.14g (4.54%), Vitamin B1: 0.07mg (4.49%), Magnesium: 15.39mg (3.85%), Copper: 0.08mg (3.75%), Calcium: 34.3mg (3.43%), Iron: 0.6mg (3.32%), Vitamin B2: 0.05mg (3.22%), Folate: 11.75µg (2.94%), Vitamin K: 2.92µg (2.78%), Zinc: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.29%), Vitamin B3: 0.43mg (2.17%), Potassium: 74.52mg (2.13%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.21mg (1.37%), Vitamin D: 0.16µg (1.1%), Vitamin B12: 0.06µg (1.03%)