



Morning Glory Muffins



Vegetarian



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



4835 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 8 oz pineapple crushed undrained canned
- ☐ 0.8 cup canola oil
- ☐ 1 cup carrots finely grated
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 2.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer on a baking sheet 5 to 7 minutes or until lightly toasted and fragrant. Cool completely on a wire rack (about 15 minutes).
- ☐ Meanwhile, combine flour, salt, baking soda, ground cinnamon, and nutmeg in a large bowl; make a well in center of mixture.
- ☐ Whisk together sugar, canola oil, eggs, and vanilla extract; fold in crushed pineapple and carrots.
- ☐ Add to flour mixture, stirring just until dry ingredients are moistened. Fold in toasted pecans and raisins. Spoon into lightly greased muffin pans, filling two-thirds full.
- ☐ Bake at 350 for 23 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire rack 5 minutes.
- ☐ Remove from pans to wire rack, and cool completely (about 30 minutes).
- ☐ Note: Muffins may be made ahead and frozen in a zip-top plastic freezer bag up to 1 month, if desired.
- ☐ Remove from bag, and let thaw at room temperature.

Nutrition Facts



 **PROTEIN 6.05%**  **FAT 24.1%**  **CARBS 69.85%**

Properties

Glycemic Index:333.59, Glycemic Load:553.08, Inflammation Score:-10, Nutrition Score:74.304782369862%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg, Delphinidin: 7.94mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg, Epigallocatechin: 6.14mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg, Epigallocatechin 3-gallate: 2.51mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 4835.16kcal (241.76%), Fat: 132.92g (204.49%), Saturated Fat: 15.03g (93.94%), Carbohydrates: 867.02g (289.01%), Net Carbohydrates: 832.83g (302.85%), Sugar: 530.92g (589.91%), Cholesterol: 558mg (186%), Sodium: 3753.63mg (163.2%), Alcohol: 3.44g (100%), Alcohol %: 0.25% (100%), Protein: 75.04g (150.08%), Vitamin A: 22375.04IU (447.5%), Manganese: 8.56mg (427.87%), Vitamin B1: 4.06mg (270.37%), Selenium: 181.86µg (259.8%), Folate: 821.62µg (205.4%), Vitamin B2: 3.17mg (186.2%), Iron: 26.83mg (149.03%), Copper: 2.84mg (141.83%), Fiber: 34.19g (136.77%), Vitamin B3: 27.17mg (135.84%), Phosphorus: 1235.37mg (123.54%), Magnesium: 336.81mg (84.2%), Potassium: 2863.08mg (81.8%), Vitamin B6: 1.47mg (73.57%), Zinc: 10.61mg (70.74%), Vitamin E: 10.32mg (68.78%), Vitamin B5: 5.45mg (54.46%), Vitamin K: 53.53µg (50.98%), Vitamin C: 34.82mg (42.2%), Calcium: 400.35mg (40.03%), Vitamin B12: 1.34µg (22.25%), Vitamin D: 3µg (20%)