

Morning Glory Muffins

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 cups apples grated peeled
- 4 teaspoons baking soda
- 1 cup carrots shredded
- 1 cup coconut flakes flaked
- 6 eggs lightly beaten
- 4 cups flour all-purpose
- 4 teaspoons ground cinnamon
- 1 cup raisins

- 1 teaspoon salt
- 2.5 cups sugar
- 4 teaspoons vanilla extract
- 2 cups vegetable oil
- 1 cup walnut pieces chopped

Equipment

- bowl
- oven
- muffin liners

Directions

- In a large bowl, combine flour, sugar, baking soda, cinnamon and salt.
- Mix oil, eggs and vanilla; stir into dry ingredients just until moistened. Fold in apples, raisins, coconut, carrots and nuts.
- Fill greased or paper-lined muffin cups two-thirds full.
- Bake at 350° for 25–30 minutes or until muffins test done.

Nutrition Facts



PROTEIN 6.38% **FAT 31.44%** **CARBS 62.18%**

Properties

Glycemic Index:8.55, Glycemic Load:19.73, Inflammation Score:-5, Nutrition Score:5.2847826273545%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 195.2kcal (9.76%), Fat: 7g (10.77%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 29.34g (10.67%), Sugar: 15.86g (17.62%), Cholesterol: 27.28mg (9.09%), Sodium: 201.75mg (8.77%), Alcohol: 0.15g (100%), Alcohol %: 0.26% (100%), Protein: 3.19g (6.39%), Manganese: 0.33mg (16.69%), Vitamin A: 642.4IU (12.85%), Selenium: 7.67µg (10.96%), Vitamin B1: 0.13mg (8.92%), Folate: 33.49µg (8.37%), Vitamin B2: 0.13mg (7.38%), Fiber: 1.8g (7.21%), Iron: 1.1mg (6.14%), Copper: 0.12mg (5.77%), Vitamin K: 5.46µg (5.2%), Phosphorus: 51.59mg (5.16%), Vitamin B3: 0.97mg (4.87%), Magnesium: 13.71mg (3.43%), Potassium: 113.51mg (3.24%), Vitamin B6: 0.06mg (3.09%), Vitamin E: 0.37mg (2.47%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.23mg (2.32%), Calcium: 15.58mg (1.56%), Vitamin C: 1.15mg (1.4%), Vitamin B12: 0.07µg (1.09%)