



Morning Glory Muffins

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups flour all-purpose
- 1.3 cups sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 0.5 teaspoon salt
- 3 large eggs room temperature
- 1 cup canola oil
- 1 medium apples shredded

- 2 teaspoons vanilla extract
- 2 cups carrots grated
- 0.5 cup raisins
- 0.5 cup coconut shredded sweetened
- 0.5 cup pecans chopped

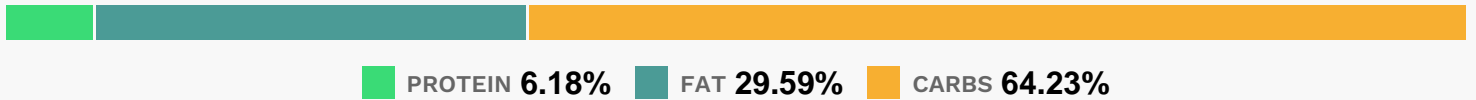
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- In large bowl, combine the flour, sugar, baking soda, cinnamon and salt. In another bowl, combine the eggs, oil, apple and vanilla. Stir into the dry ingredients just until combined. Fold in the carrot, raisins, coconut and pecans.
- Fill greased or paper-lined muffin cups three-fourths full.
- Bake at 350° for 15–18 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.54, Glycemic Load:19.9, Inflammation Score:-9, Nutrition Score:7.1226087860439%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-

gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 196.23kcal (9.81%), Fat: 6.61g (10.16%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 30.45g (11.07%), Sugar: 16.92g (18.8%), Cholesterol: 31mg (10.33%), Sodium: 216.1mg (9.4%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Protein: 3.1g (6.21%), Vitamin A: 2428.78IU (48.58%), Manganese: 0.37mg (18.52%), Selenium: 7.93µg (11.33%), Vitamin B1: 0.15mg (9.92%), Folate: 33.34µg (8.33%), Vitamin B2: 0.13mg (7.79%), Fiber: 1.81g (7.24%), Iron: 1.1mg (6.11%), Vitamin B3: 1.07mg (5.36%), Phosphorus: 51.84mg (5.18%), Copper: 0.09mg (4.68%), Vitamin E: 0.7mg (4.67%), Potassium: 138.67mg (3.96%), Vitamin K: 4.12µg (3.93%), Vitamin B6: 0.07mg (3.26%), Magnesium: 12.58mg (3.14%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.28mg (2.81%), Vitamin C: 1.58mg (1.92%), Calcium: 18.13mg (1.81%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)