



Morning Glory Muffins I

 Vegetarian  Dairy Free  Popular

READY IN



35 min.

SERVINGS



18

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples cored peeled chopped
- 0.5 cup spiced apple butter
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups carrots grated
- 1 eggs
- 2 egg whites
- 1.5 cups flour all-purpose

- 1 tablespoon ground cinnamon
- 1 cup raisins
- 0.5 teaspoon salt
- 1 tablespoon vanilla extract
- 0.3 cup vegetable oil
- 2 tablespoons walnuts chopped
- 2 tablespoons wheat germ toasted
- 1.3 cups sugar white
- 0.5 cup flour whole wheat

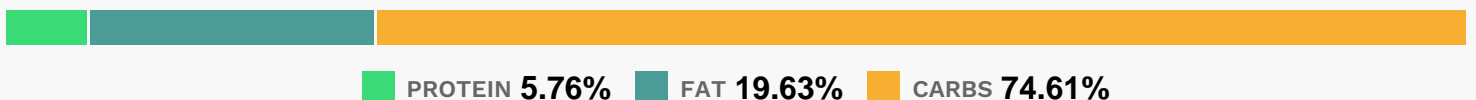
Equipment

- bowl
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.
- In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
- In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
- In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
- Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:19.8, Inflammation Score:-9, Nutrition Score:7.5200000275736%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, 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: 196.08kcal (9.8%), Fat: 4.4g (6.78%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 35.34g (12.85%), Sugar: 18.56g (20.62%), Cholesterol: 9.09mg (3.03%), Sodium: 165.08mg (7.18%), Alcohol: 0.25g (100%), Alcohol %: 0.39% (100%), Protein: 2.91g (5.82%), Vitamin A: 2398.18IU (47.96%), Manganese: 0.48mg (23.85%), Selenium: 7.74µg (11.06%), Fiber: 2.34g (9.34%), Vitamin B1: 0.14mg (9.06%), Vitamin K: 8.01µg (7.63%), Folate: 27.97µg (6.99%), Vitamin B2: 0.12mg (6.94%), Iron: 1.1mg (6.12%), Phosphorus: 60.3mg (6.03%), Vitamin B3: 1.09mg (5.47%), Potassium: 175.68mg (5.02%), Copper: 0.1mg (4.83%), Calcium: 45.1mg (4.51%), Magnesium: 16.15mg (4.04%), Vitamin B6: 0.08mg (3.95%), Vitamin E: 0.44mg (2.92%), Zinc: 0.37mg (2.46%), Vitamin C: 1.82mg (2.2%), Vitamin B5: 0.18mg (1.84%)