



Morning Glory Muffins II



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups apples grated peeled
- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups carrots grated
- ☐ 0.8 cup coconut or flaked
- ☐ 0.5 cup dates pitted chopped
- ☐ 3 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1.3 cups sugar white

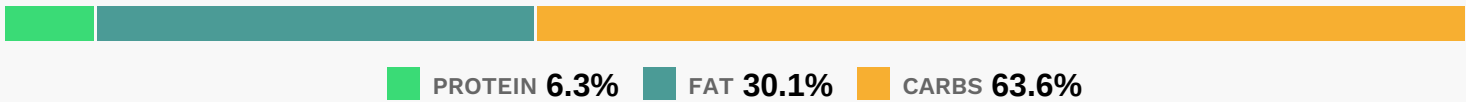
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ 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 large mixing bowl, combine flour, sugar, baking soda, cinnamon and salt.
- ☐ In a second bowl, combine carrots, apples, coconut, dates and pecans. Stir in eggs, oil and vanilla.
- ☐ Add this mixture to the dry ingredients; stir until smooth.
- ☐ Spoon or scoop the batter into the prepared muffin pans.
- ☐ Bake at 375 degrees F (190 degrees C) for 18 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:19.52, Inflammation Score:-8, Nutrition Score:6.60304339554%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg 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: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 191.69kcal (9.58%), Fat: 6.62g (10.18%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 29.22g (10.63%), Sugar: 18.5g (20.56%), Cholesterol: 27.28mg (9.09%), Sodium: 205.92mg (8.95%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 3.12g (6.23%), Vitamin A: 1829.96IU (36.6%), Manganese: 0.4mg (19.98%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.15mg (9.67%), Fiber: 2.24g (8.95%), Folate: 32.98µg (8.24%), Vitamin B2: 0.12mg (7.3%), Iron: 1.08mg (6%), Copper: 0.11mg (5.38%), Phosphorus: 52.76mg (5.28%), Vitamin B3: 1.05mg (5.26%), Vitamin K: 4.22µg (4.02%), Potassium: 130.11mg (3.72%), Magnesium: 14.49mg (3.62%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.34mg (2.26%), Calcium: 17.39mg (1.74%), Vitamin C: 1.22mg (1.48%), Vitamin B12: 0.07µg (1.09%)