



Morning Glory Muffins — Jumbo Size

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 9 oz all purpose whole wheat white
- ☐ 1 cup apples shredded
- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1.5 cups carrots shredded
- ☐ 1 teaspoons cinnamon
- ☐ 0.5 cup raisins dried
- ☐ 2 large eggs

- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup vegetable oil
- ☐ 0.5 cup walnuts toasted

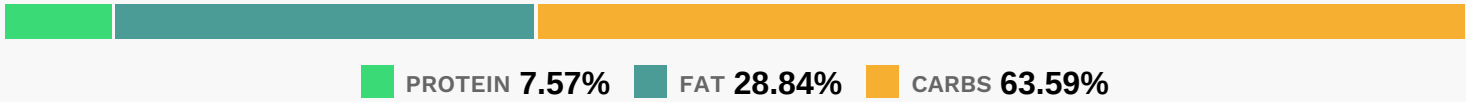
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F. Spray 8 jumbo muffin tins with cooking spray or line with paper liners.
- ☐ Mix the flour, baking soda, salt and cinnamon together and set aside.
- ☐ Whisk the eggs, oil, vanilla, sugar and milk together in a mixing bowl.
- ☐ Add the dry ingredients and stir once or twice (batter won't be fully blended) then add the apples, carrots, coconut, nuts and raisins.Divide evenly between the jumbo tins and bake at 350 F for 32-35 minutes.Makes 8

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:10.480869541997%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin:

0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate:
0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate:
0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol:
0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg,
Myricetin: 0.19mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 388.65kcal (19.43%), Fat: 12.99g (19.98%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 64.43g (21.47%),
Net Carbohydrates: 58.91g (21.42%), Sugar: 38.04g (42.26%), Cholesterol: 47.42mg (15.81%), Sodium: 479.34mg
(20.84%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 7.67g (15.34%), Vitamin A: 4099.93IU (82%),
Manganese: 0.52mg (25.77%), Fiber: 5.51g (22.05%), Vitamin K: 11.96µg (11.39%), Iron: 1.62mg (9.03%), Copper:
0.18mg (8.85%), Selenium: 5.69µg (8.13%), Calcium: 80.67mg (8.07%), Phosphorus: 75.79mg (7.58%), Potassium:
250.63mg (7.16%), Vitamin B6: 0.13mg (6.73%), Vitamin E: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.91%), Magnesium:
23.43mg (5.86%), Folate: 18.81µg (4.7%), Vitamin B5: 0.43mg (4.31%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.06mg
(3.7%), Vitamin C: 2.29mg (2.78%), Vitamin B12: 0.15µg (2.54%), Vitamin B3: 0.45mg (2.27%), Vitamin D: 0.33µg
(2.23%)