



 **24%**
HEALTH SCORE

Peels-Inspired Buckwheat and Oat Bran Rosemary Lemon Muffins

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



760 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup banana mashed
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 0.8 cup buckwheat flour
- 2 tablespoons butter unsalted

- 2 tablespoons canola oil
- 0.5 cup carrots shredded
- 1.3 teaspoons cinnamon
- 0.5 cup dates chopped
- 1 egg whites (egg whites)
- 2 sprigs rosemary leaves dried fresh (1 Tbsp = 1 tsp dried. I used , but might be nice here.)
- 0.5 teaspoon kosher salt
- 0.3 cup optional: lemon 100% (I couldn't find lemon, so I used a Lemon, Orange & Grapefruit marmalade from WF.)
- 1.5 tablespoons juice of lemon fresh (or juice from half a lemon)
- 2 tablespoons lemon zest freshly grated for juice (from the same lemon used)
- 0.3 cup lemon zest (I was too lazy to do this, but it would be a great add-in if you are motivated enough to make it!)
- 0.5 cup greek yogurt
- 0.8 cup oat bran
- 0.3 cup rolled oats (or enough to sprinkle on top of muffins)
- 0.3 cup walnuts chopped
- 2 tablespoons sugar (or enough to sprinkle on top of muffins)
- 0.5 teaspoon vanilla
- 0.3 cup zucchini shredded

Equipment

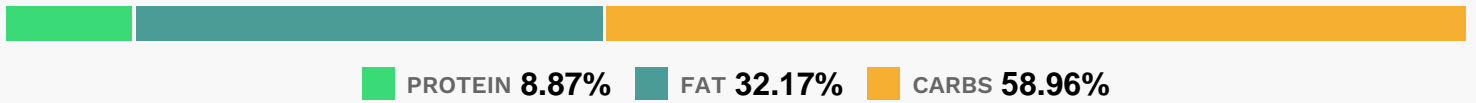
- bowl
- oven
- muffin tray

Directions

- Preheat oven to 400 degrees Fahrenheit. Chop/shred dates, pecans, carrots, and zucchini. Set aside. Grate lemon peel of one lemon. Set aside grated peel, and reserve lemon for juice (for the "wet ingredients").

- Mix together dry ingredients.
- Mix together wet ingredients in a separate bowl. Gradually combine dry mixture into wet mixture, stirring just until moistened. Do not overmix. Fold in dates, pecans, carrots, and zucchini. Fold in freshly grated lemon peel (and/or candied lemon rind, if using). Brown the butter, and gently stir into mixture. Grease muffin tin with non-stick cooking spray and fill cups with batter to about 3/4 full.
- Sprinkle with turbinado sugar and oats.
- Bake for 18–20 minutes. Makes 12 muffins.

Nutrition Facts



Properties

Glycemic Index:151.87, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:30.308695799631%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg Eriodictyol: 4.14mg, Eriodictyol: 4.14mg, Eriodictyol: 4.14mg, Eriodictyol: 4.14mg Hesperetin: 6.01mg, Hesperetin: 6.01mg, Hesperetin: 6.01mg, Hesperetin: 6.01mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 760.17kcal (38.01%), Fat: 30.14g (46.37%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 124.33g (41.44%), Net Carbohydrates: 109.55g (39.84%), Sugar: 66.88g (74.32%), Cholesterol: 22.25mg (7.42%), Sodium: 836.97mg (36.39%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 18.7g (37.41%), Manganese: 3.42mg (170.81%), Vitamin A: 3877.05IU (77.54%), Fiber: 14.77g (59.09%), Magnesium: 208.27mg (52.07%), Phosphorus: 474.76mg (47.48%), Vitamin B1: 0.62mg (41.15%), Vitamin C: 33.23mg (40.28%), Copper: 0.64mg (32.03%), Selenium: 22.19µg (31.7%), Iron: 4.74mg (26.35%), Vitamin B6: 0.51mg (25.61%), Calcium: 253.51mg (25.35%), Potassium: 883.76mg (25.25%), Zinc: 2.88mg (19.18%), Vitamin E: 2.65mg (17.67%), Folate: 68.94µg (17.24%), Vitamin B3: 3.21mg (16.04%), Vitamin B2: 0.27mg (16.03%), Vitamin K: 15.31µg (14.58%), Vitamin B5: 1.2mg (12.05%)