



Pineapple and Carrot Surprise Muffins

READY IN



60 min.

SERVINGS



12

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.5 cup butter melted
- 1 cup carrots shredded ()
- 3 oz cream cheese softened
- 2 eggs beaten
- 2 cups flour all-purpose
- 0.3 cup granulated sugar

- 8 oz pineapple rings crushed undrained canned
- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- muffin liners

Directions

- Heat oven to 400F. Line 12 regular-size muffin cups with paper baking cups (or spray cups with cooking spray or grease with shortening). In large bowl, stir flour, brown sugar, pumpkin pie spice and melted butter with spoon until mixture looks like coarse crumbs. Reserve 1/2 cup mixture for topping.
- Stir baking powder, baking soda, salt, eggs, carrots and pineapple into remaining crumb mixture just until moistened; set aside.
- In small bowl, beat cream cheese, granulated sugar and vanilla with electric mixer on medium speed until well blended.
- Fill muffin cups 2/3 full with batter. Make indentation in top of each muffin, using back of spoon. Drop about 1 teaspoon cream cheese mixture into each indentation.
- Sprinkle reserved crumb mixture over batter and filling.
- Bake 20 to 30 minutes or until golden brown and edges spring back when touched lightly. Cool muffins in pan 5 minutes; remove from pan to cooling rack.
- Serve warm or cooled. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 5.71% ■ FAT 37.11% ■ CARBS 57.18%

Properties

Glycemic Index:25.91, Glycemic Load:14.94, Inflammation Score:-8, Nutrition Score:7.1160869391068%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 264.36kcal (13.22%), Fat: 11.03g (16.98%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 37.13g (13.5%), Sugar: 21.08g (23.42%), Cholesterol: 34.44mg (11.48%), Sodium: 357.25mg (15.53%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.82g (7.64%), Vitamin A: 2264.97IU (45.3%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.2mg (13.04%), Folate: 45.45µg (11.36%), Vitamin B2: 0.17mg (9.86%), Manganese: 0.2mg (9.81%), Iron: 1.36mg (7.54%), Vitamin B3: 1.42mg (7.11%), Phosphorus: 59.9mg (5.99%), Calcium: 55.74mg (5.57%), Fiber: 1.13g (4.53%), Potassium: 123.12mg (3.52%), Vitamin E: 0.52mg (3.47%), Copper: 0.07mg (3.47%), Vitamin B6: 0.06mg (3.08%), Magnesium: 12.08mg (3.02%), Vitamin B5: 0.3mg (2.99%), Vitamin C: 2.46mg (2.99%), Zinc: 0.33mg (2.2%), Vitamin K: 1.82µg (1.73%), Vitamin B12: 0.09µg (1.51%)