



Pineapple Upside-Down Carrot Muffins



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons walnut pieces chopped
- ☐ 8 ounces pineapple rings drained canned
- ☐ 1 cup flour whole wheat
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 1 eggs
- ☐ 1 egg whites
- ☐ 0.8 cup brown sugar packed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon vanilla
- ☐ 8 ounces pineapple crushed undrained canned
- ☐ 1 cup carrots finely grated (1 large)
- ☐ 0.8 cup raisins

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 12 muffin cups, 2 3/4x1 3/8 inches, with cooking spray.
- ☐ Pat 1 teaspoon brown sugar in bottom of each muffin cup. Divide nuts evenly among muffin cups. Stack pineapple slices; cut stack into 6 wedges (24 pieces).
- ☐ Place 2 pineapple pieces in each muffin cup.
- ☐ Stir together flours, cinnamon, baking powder, baking soda and salt in medium bowl.
- ☐ Mix egg, egg white, 3/4 cup brown sugar, the oil and vanilla in large bowl, using fork or wire whisk. Stir in crushed pineapple. Stir in flour mixture, carrot and raisins, using spoon, just until moistened. Divide batter evenly among muffin cups.
- ☐ Bake 20 to 25 minutes or until golden brown. Loosen edges immediately; turn muffins out onto cookie sheet. Cool 10 minutes before serving.

Nutrition Facts



 PROTEIN **6.44%**  FAT **15.37%**  CARBS **78.19%**

Properties

Glycemic Index:24.8, Glycemic Load:10.02, Inflammation Score:-8, Nutrition Score:9.0069564762323%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 234.9kcal (11.75%), Fat: 4.18g (6.43%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 44.78g (16.28%), Sugar: 23.87g (26.52%), Cholesterol: 13.64mg (4.55%), Sodium: 203.1mg (8.83%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 3.94g (7.88%), Vitamin A: 1822.89IU (36.46%), Manganese: 0.65mg (32.32%), Selenium: 11.87µg (16.95%), Vitamin B1: 0.2mg (13.01%), Fiber: 3.05g (12.19%), Iron: 1.53mg (8.48%), Copper: 0.17mg (8.42%), Phosphorus: 81.8mg (8.18%), Folate: 31.31µg (7.83%), Magnesium: 30.99mg (7.75%), Vitamin B2: 0.13mg (7.6%), Vitamin B3: 1.47mg (7.37%), Potassium: 246.1mg (7.03%), Vitamin B6: 0.13mg (6.44%), Vitamin K: 6.22µg (5.93%), Calcium: 59.17mg (5.92%), Vitamin C: 4.71mg (5.7%), Zinc: 0.52mg (3.5%), Vitamin E: 0.4mg (2.66%), Vitamin B5: 0.24mg (2.35%)