



Pineapple Upside-Down Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 8 ounce pineapple crushed canned
- ☐ 0.3 cup canola oil
- ☐ 1 cup carrots grated
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose

- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup brown sugar light packed
- ☐ 10 ounce pineapple in juice drained canned
- ☐ 2 tablespoons pineapple juice
- ☐ 0.8 cup raisins
- ☐ 0.5 cup regular rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 0.8 cup flour whole wheat

Equipment

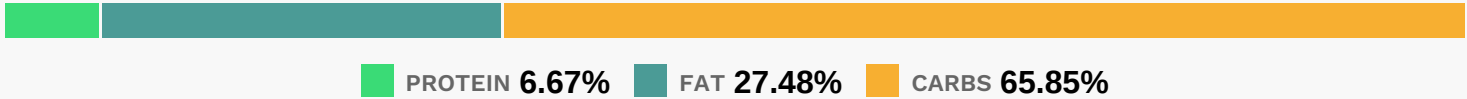
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Grease 12 muffin cups. Stack the pineapple slices and cut them into 6 wedges. Set aside.
- ☐ Sprinkle 1 teaspoon of brown sugar into the bottom of each muffin cup.
- ☐ Sprinkle in 1/2 teaspoon of walnuts over the sugar, and then place two wedges of pineapple into each cup. Set aside.
- ☐ In a large bowl, stir together the oats, whole wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon. In a separate bowl, whisk together the eggs, 1/2 cup of brown sugar, canola oil, pineapple juice and vanilla. Stir the wet ingredients into the dry just until moistened. Fold in the crushed pineapple, carrot, raisins and walnuts. Spoon evenly into the prepared muffin cups.

- ☐ Bake the muffins until the tops spring back when lightly pressed, about 20 minutes. While the muffins are still hot, loosen the edges from the pan using a small knife and invert onto a serving tray so that the pineapple is on top.
- ☐ Serve upside-down while still warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.97, Glycemic Load:9.61, Inflammation Score:-8, Nutrition Score:9.7299998791321%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 237.85kcal (11.89%), Fat: 7.57g (11.65%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 37.48g (13.63%), Sugar: 17.88g (19.87%), Cholesterol: 27.28mg (9.09%), Sodium: 189.28mg (8.23%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.13g (8.26%), Manganese: 0.74mg (37.14%), Vitamin A: 1846.09IU (36.92%), Selenium: 11.02µg (15.75%), Fiber: 3.35g (13.38%), Vitamin B1: 0.19mg (12.53%), Phosphorus: 101.22mg (10.12%), Copper: 0.19mg (9.32%), Iron: 1.58mg (8.77%), Magnesium: 33.69mg (8.42%), Calcium: 80.35mg (8.03%), Vitamin B2: 0.13mg (7.42%), Folate: 29.54µg (7.38%), Potassium: 251.92mg (7.2%), Vitamin E: 1.08mg (7.18%), Vitamin B6: 0.13mg (6.74%), Vitamin C: 5.42mg (6.57%), Vitamin B3: 1.26mg (6.29%), Vitamin K: 5.57µg (5.3%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.3mg (2.95%), Vitamin B12: 0.07µg (1.09%)