



 **23%**
HEALTH SCORE

Protein Packed Carrot Muffins

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tbsp suya seasoning mix
- 0.5 cup almond flour
- 1 teaspoon double-acting baking powder
- 1 tsp baking soda
- 1 cup carrots grated (2 medium)
- 0.5 cup coconut or
- 1 tbsp coconut oil
- 2 eggs

- 0.3 cup fruit
- 1 cup ground flaxseed
- 1 lemon zest
- 0.5 tsp salt
- 0.7 cup spicy tofu soft
- 2 tsp vanilla extract
- 0.5 cup walnut pieces
- 0.8 cup whey powder

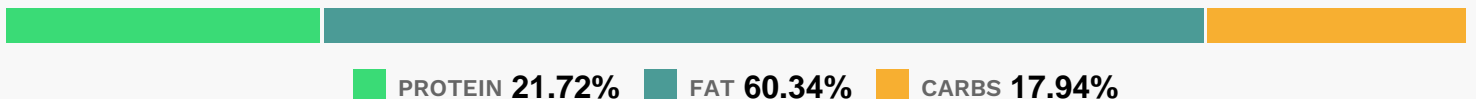
Equipment

- bowl
- oven
- muffin tray

Directions

- Preheat oven to 350 f.Grease a muffin tin or line it with cups.
- Mix dry ingredients (the first
- in a medium sized bowl.In a large bowl combine coconut oil, eggs, vanilla, carrot, tofu, dried fruit and lemon zest.Fold the dry mix into the large bowl just enough to properly combine them. It is important not to over mix this batter.
- Pour mixture into muffin tins.
- Bake 20-25 minutes or until a tester comes out clean and dry.Makes 6 over sized or 8 small muffins.Muffins freeze well for 2 months.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:21.42652173913%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 427.13kcal (21.36%), Fat: 30.39g (46.76%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 8.63g (3.14%), Sugar: 5.26g (5.84%), Cholesterol: 77.06mg (25.69%), Sodium: 542.1mg (23.57%), Alcohol: 0.48g (2.68%), Protein: 24.61g (49.22%), Vitamin A: 3763.26IU (75.27%), Manganese: 1.26mg (62.98%), Fiber: 11.71g (46.82%), Magnesium: 140.95mg (35.24%), Vitamin B1: 0.5mg (33.44%), Phosphorus: 307.71mg (30.77%), Copper: 0.56mg (27.86%), Iron: 4.91mg (27.29%), Calcium: 272.69mg (27.27%), Vitamin K: 20.22µg (19.25%), Selenium: 12.57µg (17.96%), Vitamin B6: 0.27mg (13.32%), Potassium: 459.14mg (13.12%), Folate: 51.67µg (12.92%), Zinc: 1.86mg (12.37%), Vitamin B2: 0.16mg (9.21%), Vitamin B3: 1.36mg (6.82%), Vitamin B5: 0.65mg (6.53%), Vitamin E: 0.92mg (6.11%), Vitamin C: 3.4mg (4.12%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)