



Rudolph's snowball carrot muffins

READY IN



28 min.

SERVINGS



12

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 425 g pineapple rings canned
- ☐ 200 g self raising flour
- ☐ 1 tsp baking soda
- ☐ 85 g brown sugar
- ☐ 50 g coconut flakes
- ☐ 2 eggs
- ☐ 85 g butter melted
- ☐ 150 g pot roast cut
- ☐ 175 g carrots grated

- ☐ 50 g creamed coconut
- ☐ 1 pineapple juice
- ☐ 100 g powdered sugar
- ☐ 50 g coconut flakes
- ☐ 1 serving betty writing gel
- ☐ 1 serving frangelico

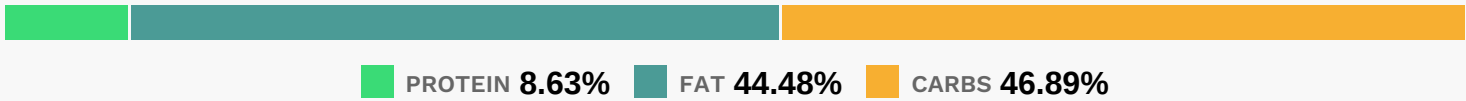
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and line a muffin tray with 12 paper cases.
- ☐ Drain the pineapple, reserving the juice, then crush the flesh with a fork.
- ☐ Mix the dry ingredients in a large bowl. Beat the eggs, melted butter and yogurt together and pour into the bowl, along with the carrot and pineapple. Stir quickly, then spoon into muffin cases and bake for 18 mins or until risen and golden. Can be frozen at this stage for up to a month.
- ☐ To decorate, mix the creamed coconut with 5 tbsp pineapple juice and stir in the icing sugar.
- ☐ Put the desiccated coconut onto a plate or tray. Peel the muffins from their cases and put on a rack.
- ☐ Spread the icing over until completely covered (this can get a bit messy), then roll in the coconut. Leave to dry for a few mins. Pipe a carrot on the top of each muffin using the writing icing, with strips of angelica as stalks.

Nutrition Facts



Properties

Glycemic Index:17.49, Glycemic Load:8.3, Inflammation Score:-9, Nutrition Score:9.1673912587373%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 308.92kcal (15.45%), Fat: 15.68g (24.12%), Saturated Fat: 11.47g (71.71%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.57g (12.57%), Sugar: 21.47g (23.85%), Cholesterol: 50.63mg (16.88%), Sodium: 187.62mg (8.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin A: 2670.95IU (53.42%), Manganese: 0.51mg (25.34%), Selenium: 13.84µg (19.76%), Fiber: 2.63g (10.51%), Copper: 0.2mg (9.77%), Phosphorus: 91.26mg (9.13%), Vitamin B6: 0.17mg (8.37%), Zinc: 1.25mg (8.36%), Potassium: 238.47mg (6.81%), Magnesium: 27.11mg (6.78%), Iron: 1.15mg (6.37%), Vitamin B3: 1.16mg (5.78%), Vitamin B2: 0.1mg (5.7%), Vitamin B12: 0.34µg (5.68%), Vitamin C: 4.39mg (5.32%), Vitamin B1: 0.08mg (5.31%), Vitamin B5: 0.42mg (4.25%), Folate: 16.54µg (4.13%), Vitamin E: 0.48mg (3.23%), Calcium: 29.88mg (2.99%), Vitamin K: 2.92µg (2.78%), Vitamin D: 0.16µg (1.06%)