



Spiced Zucchini Muffins

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup t brown sugar dark packed
- 4 large eggs at room temperature
- 3 cups flour all-purpose
- 1 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg freshly ground

- 0.5 teaspoon salt fine
- 24 servings butter unsalted for coating the pan (if needed)
- 2 teaspoons vanilla extract
- 1 cup vegetable oil
- 3 cups zucchini grated ends trimmed (3 to 4 medium zucchini)

Equipment

- bowl
- oven
- whisk
- toothpicks
- spatula

Directions

- Heat the oven to 350°F and arrange two racks to divide the oven into thirds. Line 2 (12-well) muffin pans with paper liners. Alternatively, coat the wells with butter; set aside.
- Place the flour, baking powder, cinnamon, baking soda, nutmeg, and salt in a medium bowl and whisk to aerate and break up any lumps; set aside.
- Place the eggs, sugars, oil, and vanilla in a large bowl and whisk until the eggs are broken up and the mixture is thoroughly combined. Using a rubber spatula, fold in the flour mixture until just combined. Fold in the zucchini until evenly mixed. Fill the muffin wells about two-thirds of the way.
- Bake, rotating the muffin pans from front to back and top to bottom halfway through the cooking time, until the muffins are browned and a cake tester or toothpick inserted in the center comes out clean, about 25 minutes.
- Transfer the pans to wire racks and let cool for 5 minutes.
- Remove the muffins from the pans and cool completely.

Nutrition Facts



PROTEIN 6.01% FAT 32.09% CARBS 61.9%

Properties

Glycemic Index:13.63, Glycemic Load:14.57, Inflammation Score:-2, Nutrition Score:4.2621739377146%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 191.87kcal (9.59%), Fat: 6.91g (10.63%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 29.34g (10.67%), Sugar: 17.73g (19.7%), Cholesterol: 41.75mg (13.92%), Sodium: 137.18mg (5.96%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 2.91g (5.83%), Selenium: 8.1µg (11.57%), Folate: 36.51µg (9.13%), Vitamin B1: 0.13mg (8.89%), Manganese: 0.17mg (8.33%), Vitamin B2: 0.13mg (7.85%), Iron: 1.04mg (5.77%), Vitamin B3: 1.01mg (5.07%), Phosphorus: 46.5mg (4.65%), Vitamin K: 4.47µg (4.26%), Vitamin A: 201.36IU (4.03%), Calcium: 34.47mg (3.45%), Vitamin C: 2.78mg (3.37%), Fiber: 0.65g (2.61%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.53%), Vitamin B5: 0.25mg (2.46%), Potassium: 83.47mg (2.38%), Copper: 0.04mg (2.18%), Magnesium: 8.41mg (2.1%), Zinc: 0.28mg (1.86%), Vitamin D: 0.24µg (1.61%), Vitamin B12: 0.08µg (1.38%)