

Sunshine Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons baking soda
- 2 cups carrots grated
- 2 cups cranberries fresh frozen divided thawed
- 2 large egg whites
- 0.5 cup greek yogurt plain fat-free
- 0.3 teaspoon ground cardamom
- 2 teaspoons ground cinnamon
- 0.3 cup olive oil extra-virgin

- 1 cranberry-orange relish
- 0.3 cup pistachios shelled finely chopped
- 0.5 teaspoon salt
- 0.8 cup sugar
- 2 cups pastry flour whole-wheat

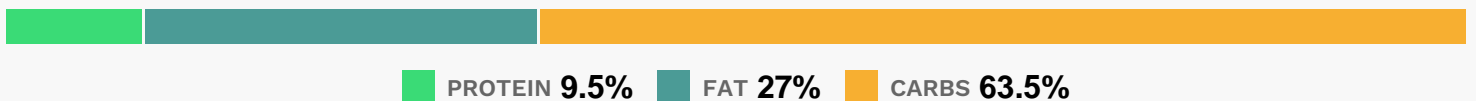
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Preheat oven to 375F. Line muffin cups with paper liners.
- In a large bowl, whisk the first 5 ingredients (through salt). In another bowl, grate 1 tsp orange zest and squeeze 1/4 cup juice.
- Whisk in the sugar, egg whites, oil, and yogurt. Stir into flour mixture just until moistened. Fold in carrots and 1 1/2 cups cranberries.
- Divide batter among muffin cups. Top with pistachios and remaining cranberries.
- Bake until a toothpick inserted in a muffin comes out clean (22-25 minutes).
- Let cool in the pan on a wire rack for 5 minutes. Unmold; cool completely on rack.

Nutrition Facts



Properties

Glycemic Index:19.37, Glycemic Load:10.55, Inflammation Score:-9, Nutrition Score:11.916956538739%

Flavonoids

Cyanidin: 7.93mg, Cyanidin: 7.93mg, Cyanidin: 7.93mg, Cyanidin: 7.93mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 200.75kcal (10.04%), Fat: 6.34g (9.75%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 29.47g (10.72%), Sugar: 15.82g (17.57%), Cholesterol: 0.42mg (0.14%), Sodium: 307.16mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Vitamin A: 3612.26IU (72.25%), Manganese: 1.01mg (50.47%), Selenium: 14.64µg (20.92%), Fiber: 4.05g (16.21%), Vitamin C: 9.56mg (11.59%), Phosphorus: 107.23mg (10.72%), Vitamin B1: 0.15mg (10.03%), Magnesium: 36.97mg (9.24%), Vitamin B6: 0.18mg (8.83%), Vitamin E: 1.24mg (8.25%), Copper: 0.14mg (7.2%), Vitamin B3: 1.31mg (6.55%), Vitamin K: 6.84µg (6.52%), Potassium: 223.16mg (6.38%), Vitamin B2: 0.11mg (6.31%), Iron: 1.01mg (5.61%), Zinc: 0.71mg (4.71%), Folate: 18.43µg (4.61%), Calcium: 35.6mg (3.56%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.06µg (1.05%)