



Super Duper Zucchini Muffins

READY IN

ready

30 min.

SERVINGS

servings

12

CALORIES

calories

293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 2 eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 0.3 cup milk sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white
- ☐ 1.5 cups zucchini shredded

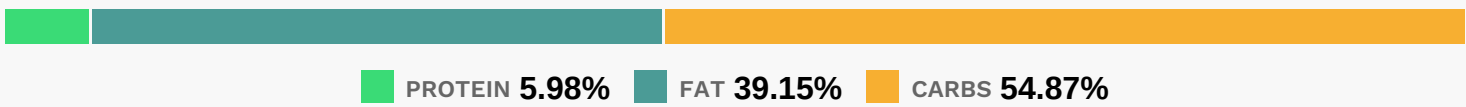
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a muffin pan, or use paper liners.
- ☐ In a large bowl, combine flour and sugar. Stir in baking powder, baking soda, cinnamon, nutmeg and salt.
- ☐ Cut in shortening until mixture resembles coarse crumbs. Make a well in the center, and pour in milk, eggs, zucchini and vanilla. Fold in walnuts. Fill muffin cups 2/3 to 3/4 full.
- ☐ Sprinkle tops with brown sugar.
- ☐ Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:32.09, Glycemic Load:25.03, Inflammation Score:-3, Nutrition Score:6.712608627651%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 293.15kcal (14.66%), Fat: 12.98g (19.96%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 39.67g (14.43%), Sugar: 22.02g (24.47%), Cholesterol: 27.89mg (9.3%), Sodium: 246.84mg (10.73%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.46g (8.92%), Manganese: 0.39mg (19.73%), Selenium: 10.73µg (15.33%), Vitamin B1: 0.22mg (14.38%), Folate: 55.02µg (13.75%), Vitamin B2: 0.18mg (10.7%), Iron: 1.57mg (8.74%), Phosphorus: 86.65mg (8.66%), Vitamin B3: 1.53mg (7.65%), Calcium: 76.23mg (7.62%), Copper: 0.13mg (6.54%), Vitamin K: 5.5µg (5.24%), Fiber: 1.24g (4.96%), Magnesium: 18.22mg (4.56%), Vitamin E: 0.67mg (4.49%), Vitamin B6: 0.08mg (4%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.85mg (3.45%), Zinc: 0.49mg (3.27%), Potassium: 113.19mg (3.23%), Vitamin A: 80.47IU (1.61%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.2µg (1.35%)