



WHATSheATE



Sweet-Potato Muffins



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.1 cups brown sugar packed
- ☐ 0.5 cup canola oil
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg freshly grated

- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sweet potatoes and into shredded peeled
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts

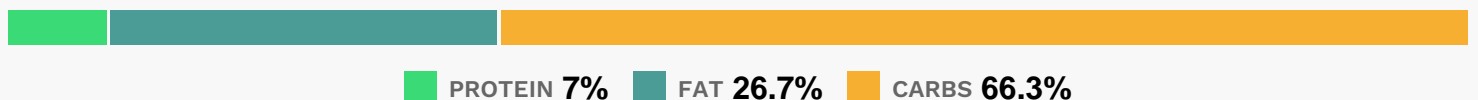
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease muffin tins to hold 12 muffins.
- ☐ Whisk together brown sugar, oil, vanilla and eggs in a small bowl.
- ☐ Mix together the flour, baking powder, spices, salt, and grated sweet potatoes in a large bowl. Make a well in the center, and pour in the egg mixture. Stir the egg mixture, gradually incorporating it with the flour mixture. Stir in the raisins and walnuts
- ☐ Spoon the batter into the tins. I like to fill each tin to the rim to make a large cap.
- ☐ Bake the muffins for 25 to 30 minutes or until a toothpick inserted into the middle comes out clean. Take the muffins out of the oven and run a paring knife carefully around each muffin, then invert the pan, and knock one edge against your work surface to release the muffins.
- ☐ Serve the muffins right away.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:18.8, Inflammation Score:-10, Nutrition Score:13.249130404514%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 303.79kcal (15.19%), Fat: 9.25g (14.23%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 51.68g (17.23%), Net Carbohydrates: 48.58g (17.67%), Sugar: 22.29g (24.77%), Cholesterol: 27.28mg (9.09%), Sodium: 210.57mg (9.16%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.45g (10.91%), Vitamin A: 6332.23IU (126.64%), Manganese: 0.66mg (32.91%), Vitamin B1: 0.24mg (16.12%), Selenium: 10.35µg (14.79%), Copper: 0.29mg (14.42%), Folate: 56.56µg (14.14%), Fiber: 3.1g (12.4%), Iron: 2.05mg (11.4%), Phosphorus: 112.13mg (11.21%), Vitamin B2: 0.19mg (11.15%), Vitamin B6: 0.19mg (9.36%), Magnesium: 36.36mg (9.09%), Calcium: 90.69mg (9.07%), Potassium: 304.91mg (8.71%), Vitamin B3: 1.69mg (8.45%), Vitamin B5: 0.64mg (6.45%), Zinc: 0.7mg (4.67%), Vitamin E: 0.6mg (4.02%), Vitamin K: 2.53µg (2.41%), Vitamin C: 1.56mg (1.89%), Vitamin B12: 0.07µg (1.09%)