



Sweet Potatoes Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 1 cup chocolate chips
- 0.5 teaspoon cinnamon
- 1 eggs
- 1 cup flour
- 0.3 cup cooking oil
- 0.5 cup orange juice
- 1 teaspoon salt

- 0.3 c sugar
- 15 servings sugar for decoration
- 16 ounces yam soft cooked

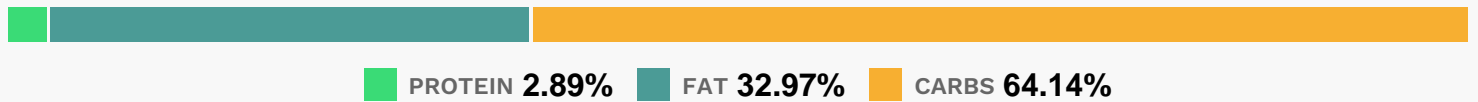
Equipment

- frying pan
- oven
- toothpicks

Directions

- Cook in the oven the sweet potatoes until soft.
- Remove from the oven and peel them.
- Place the meat into a dish, smash to reduce to a no chunk pulp and let it cool.Keep the oven at 40
- Mix all the flour, baking powder, salt, sugar, cinnamon and chocolate chips if using.
- Add to the dry ingredients the orange juice, sweet potatoes, egg and oil and mix well.
- Place muffins cups in muffins pan and pour muffins mix up to cup high.
- Sprinkle sanding sugar and bake in the oven for 15 to 20 minutes, or until the toothpick comes out clean.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.73, Glycemic Load:19.62, Inflammation Score:-2, Nutrition Score:4.5317391304348%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 6.86%, Sourness: 10.11%, Bitterness: 4.58%, Savoriness: 4.19%, Fattiness: 36.86%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 237.46kcal (11.87%), Fat: 8.88g (13.67%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 37.36g (13.59%), Sugar: 23.04g (25.6%), Cholesterol: 10.91mg (3.64%), Sodium: 227.34mg (9.88%), Protein: 1.75g (3.51%), Vitamin C: 9.31mg (11.28%), Manganese: 0.19mg (9.58%), Potassium: 311.29mg (8.89%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 1.02mg (6.78%), Folate: 26.07µg (6.52%), Fiber: 1.52g (6.07%), Selenium: 4.04µg (5.77%), Calcium: 54.47mg (5.45%), Vitamin B6: 0.1mg (5.03%), Phosphorus: 46.33mg (4.63%), Vitamin B2: 0.07mg (4.1%), Vitamin K: 4.31µg (4.1%), Iron: 0.7mg (3.89%), Copper: 0.07mg (3.65%), Vitamin B3: 0.7mg (3.48%), Magnesium: 9.65mg (2.41%), Vitamin B5: 0.19mg (1.92%), Vitamin A: 74.3IU (1.49%), Zinc: 0.18mg (1.17%)