

Take 5 Carrot Cupcakes



Vegetarian



Dairy Free

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READY IN

ready

60 min.

SERVINGS

servings

30

CALORIES

calories

59 kcal

DESSERT

Ingredients



1 teaspoon baking soda



0.8 cup canola oil



1.5 cup carrots shredded finely



1.5 teaspoons cinnamon



2 large eggs



1 cup flour all-purpose



0.5 teaspoon salt



1 cup sugar

☐ 1 teaspoon vanilla extract pure

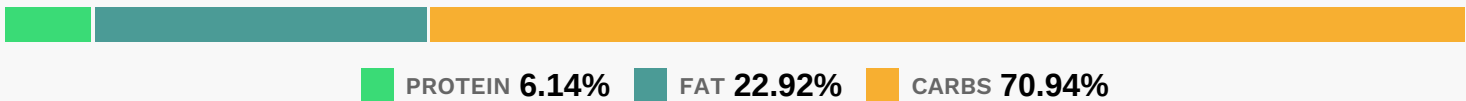
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula
- ☐ muffin liners
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 350 and line 14 muffin cups with paper liners. Spray the liners with vegetable-oil spray.
- ☐ In a medium bowl, whisk the flour with the cinnamon, baking soda and salt. In a large bowl, using an electric mixer, beat the eggs with the canola oil. Gradually beat in the sugar at medium-high speed and beat until thick, about 3 minutes. Beat in the vanilla. Fold in the dry ingredients with a rubber spatula, then fold in the carrots.
- ☐ Spoon the batter into the muffin cups and bake for 25 to 30 minutes, until a toothpick inserted in the center of the cupcakes comes out clean.
- ☐ Let cool slightly, then transfer the cupcakes to the freezer to chill.
- ☐ Fill a pastry bag fitted with a 1/2-inch plain tip with the Cream Cheese Frosting. Pipe the frosting onto the carrot cupcakes and serve. Alternatively, use a knife to spread the frosting on the cupcakes and serve.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:7.16, Inflammation Score:-6, Nutrition Score:2.2304347844228%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.76kcal (2.94%), Fat: 1.52g (2.33%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.21g (3.71%), Sugar: 7g (7.78%), Cholesterol: 12.4mg (4.13%), Sodium: 84.56mg (3.68%), Alcohol: 0.05g (100%), Alcohol %: 0.22% (100%), Protein: 0.91g (1.83%), Vitamin A: 1087.48IU (21.75%), Selenium: 2.49µg (3.55%), Manganese: 0.06mg (2.83%), Folate: 10.41µg (2.6%), Vitamin B1: 0.04mg (2.55%), Vitamin B2: 0.04mg (2.41%), Vitamin E: 0.28mg (1.85%), Vitamin K: 1.7µg (1.62%), Iron: 0.28mg (1.57%), Vitamin B3: 0.31mg (1.57%), Fiber: 0.34g (1.38%), Phosphorus: 13.41mg (1.34%)