



Vegan Apple Carrot Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 large apples shredded cored peeled
- 1.3 cups apple sauce
- 1 teaspoon double-acting baking powder
- 4 teaspoons baking soda
- 1 cup brown sugar
- 2 cups carrots finely grated
- 6 teaspoons applesauce dry ()
- 2.5 cups flour all-purpose

- 4 teaspoons ground cinnamon
- 2 teaspoons salt
- 0.3 cup vegetable oil
- 0.5 cup sugar white

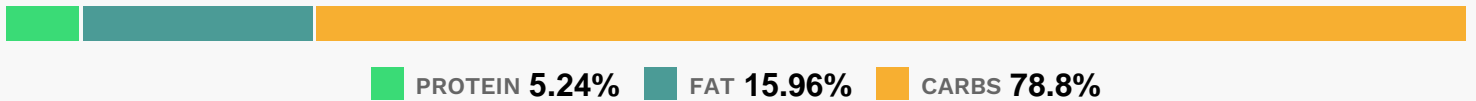
Equipment

- bowl
- frying pan
- oven
- whisk
- muffin liners

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or line with paper muffin liners.
- In a large bowl combine brown sugar, white sugar, flour, baking soda, baking powder, cinnamon and salt. Stir in carrot and apple; mix well.
- In a small bowl whisk together egg substitute, applesauce and oil. Stir into dry ingredients.
- Spoon batter into prepared pans.
- Bake in preheated oven for 20 minutes.
- Let muffins cool in pan for 5 minutes before removing from pans to cool completely.

Nutrition Facts



Properties

Glycemic Index:26.74, Glycemic Load:22.32, Inflammation Score:-9, Nutrition Score:9.9734783587248%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 283.03kcal (14.15%), Fat: 5.14g (7.91%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 54.29g (19.74%), Sugar: 33.73g (37.48%), Cholesterol: 7.44mg (2.48%), Sodium: 819.52mg (35.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin A: 3609.34IU (72.19%), Manganese: 0.36mg (17.9%), Vitamin B1: 0.23mg (15.63%), Selenium: 10.88µg (15.54%), Folate: 55.44µg (13.86%), Vitamin K: 12.4µg (11.81%), Fiber: 2.83g (11.31%), Vitamin B2: 0.18mg (10.77%), Vitamin B3: 1.84mg (9.19%), Iron: 1.65mg (9.15%), Calcium: 60.24mg (6.02%), Phosphorus: 55.63mg (5.56%), Potassium: 191.95mg (5.48%), Vitamin E: 0.67mg (4.45%), Vitamin C: 3.26mg (3.95%), Copper: 0.08mg (3.92%), Vitamin B6: 0.07mg (3.67%), Magnesium: 13.9mg (3.48%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.3mg (1.99%)