



Zucchini Mini Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 tablespoons milk 1% low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup zucchini shredded (1 medium zucchini)

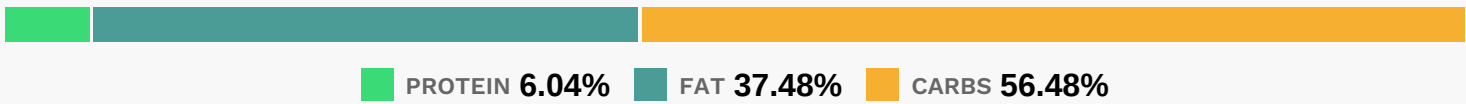
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through allspice) in a large bowl.
- ☐ Combine zucchini and next 5 ingredients (through egg) in a small bowl; stir with a whisk.
- ☐ Add zucchini mixture to flour mixture, stirring batter just until combined. Divide batter evenly among 24 miniature muffin cups coated with cooking spray.
- ☐ Bake at 400 for 10 minutes or until a wooden pick inserted in center of muffins comes out clean.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:7.78, Inflammation Score:-2, Nutrition Score:3.3926087280978%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 142.92kcal (7.15%), Fat: 5.98g (9.19%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.72g (7.17%), Sugar: 9.29g (10.32%), Cholesterol: 20.64mg (6.88%), Sodium: 157.6mg (6.85%), Alcohol: 0.11g (100%), Alcohol %: 0.33% (100%), Protein: 2.17g (4.34%), Selenium: 6.19µg (8.85%), Vitamin B1: 0.12mg (7.7%), Folate: 29.26µg (7.32%), Manganese: 0.15mg (7.27%), Vitamin B2: 0.1mg (5.81%), Vitamin E: 0.73mg (4.88%), Iron: 0.86mg (4.8%), Vitamin B3: 0.87mg (4.36%), Calcium: 38.47mg (3.85%), Phosphorus: 36.85mg (3.68%), Vitamin K: 3.06µg (2.92%), Fiber: 0.54g (2.17%), Vitamin A: 100.2IU (2%), Vitamin B5: 0.16mg (1.63%), Potassium: 57.05mg (1.63%), Copper: 0.03mg (1.61%), Magnesium: 6.26mg (1.56%), Vitamin C: 1.26mg (1.52%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.19mg (1.28%)