

Zucchini Mini Muffins with Orange-Maple Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 0.5 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.3 cup canola oil
- 4 ounces cream cheese at room temperature
- 1 cup t brown sugar dark
- 2 eggs lightly beaten

- 1.5 cups flour all-purpose
- 1 tablespoon ground cinnamon
- 1 orange juice
- 2 tablespoons maple syrup pure
- 0.8 cup milk
- 36 servings salt
- 1 teaspoon vanilla extract pure
- 0.5 cup wheat germ
- 1 cup flour whole wheat
- 1 cup zucchini shredded dry finely (1 medium)

Equipment

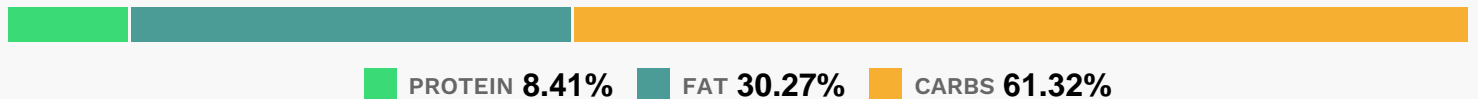
- bowl
- oven
- whisk
- mixing bowl
- wire rack
- toothpicks
- muffin tray
- mini muffin tray

Directions

- Watch how to make this recipe.
- For the muffins: Preheat the oven to 325 degrees F. Prepare a mini muffin tin with paper liners. In a large mixing bowl, add the all-purpose flour, whole wheat flour, wheat germ, brown sugar, baking soda, baking powder, cinnamon, and 1/4 teaspoon salt.
- Whisk well to combine, making sure there are no lumps in the mixture. In a separate bowl, add the zucchini, eggs, milk, applesauce, canola oil, and vanilla.
- Whisk well to combine, making sure that the eggs are incorporated properly.

- Pour the wet ingredients into the dry ingredients and mix until just combined, taking care not to overmix.
- Place the batter into the prepared muffin tins, filling them to the brim of the liner, about 1 tablespoon.
- Place into the oven and bake until a toothpick inserted into the middle of a muffin comes out clean, about 15 minutes. For the glaze: Meanwhile, in a small bowl, mix the cream cheese, orange zest, orange juice, and maple syrup.
- Remove the muffins from the oven and cool on a wire rack for 15 minutes. When ready to glaze the muffins, dip the tops of them, 1 by 1, into the glaze, turning the muffin in a circle to coat the top evenly.
- Serve, or store in an airtight container for up to a week. Alternatively, prior to glazing, freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:3.4, Inflammation Score:-1, Nutrition Score:3.8743478059769%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 97.24kcal (4.86%), Fat: 3.34g (5.15%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.34g (5.22%), Sugar: 7.56g (8.4%), Cholesterol: 12.88mg (4.29%), Sodium: 263.14mg (11.44%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.09g (4.18%), Manganese: 0.46mg (23.05%), Selenium: 6.31µg (9.01%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 47.69mg (4.77%), Folate: 18.42µg (4.61%), Fiber: 0.9g (3.61%), Iron: 0.6mg (3.35%), Magnesium: 12.57mg (3.14%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (2.79%), Zinc: 0.41mg (2.76%), Calcium: 25.99mg (2.6%), Vitamin E: 0.37mg (2.46%), Copper: 0.04mg (2.18%), Potassium: 73.71mg (2.11%), Vitamin C: 1.49mg (1.81%), Vitamin B5: 0.17mg (1.74%), Vitamin A: 75.9IU (1.52%), Vitamin K: 1.51µg (1.44%)