

Zucchini Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 1 tsp cinnamon
- 0.5 tsp ground ginger
- 1 tbsp lemon zest
- 0.3 cup plant-based milk
- 0.5 tsp nutmeg
- 0.5 cup sugar raw
- 0.5 tsp salt

- 6 tbsp apple sauce unsweetened
- 1 tsp vanilla extract
- 1.5 cups pastry flour whole wheat
- 1.5 cup zucchini shredded

Equipment

- oven
- whisk
- mixing bowl
- toothpicks
- muffin liners

Directions

- Preheat oven to 350F. In a large mixing bowl whisk flour, baking powder, cinnamon, ginger, nutmeg and salt together. In another bowl combine sugar, applesauce, vanilla, lemon zest, zucchini and non-dairy milk. Stir until well combined.
- Add wet mixture into dry mixture and stir until just barely combined. Fill muffin cups 3/4 full and bake 18-25 minutes. If making a bread bake 45 minutes to 1 hour. Check doneness by inserting a toothpick into the center. If toothpick pulls out cleanly the bread is done. (You can also add 1/4 cup chopped dried fruits such as cranberries or raisins, chopped raw walnuts or minced crystalized ginger to this recipe.)

Amount Per Serving

Calories

Fat

30g

Carbohydrate

60gDietary Fiber2gSugars9.60gProtein1.90g

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:5.3169565395169%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 96kcal (4.8%), Fat: 0.64g (0.98%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 19.25g (7%), Sugar: 9.76g (10.85%), Cholesterol: 0.61mg (0.2%), Sodium: 182.15mg (7.92%), Alcohol: 0.12g (100%), Alcohol %: 0.28% (100%), Protein: 2.38g (4.75%), Manganese: 0.71mg (35.5%), Selenium: 9.48µg (13.54%), Phosphorus: 82.37mg (8.24%), Fiber: 2.04g (8.17%), Calcium: 63.38mg (6.34%), Magnesium: 25.13mg (6.28%), Vitamin B1: 0.09mg (5.85%), Vitamin B6: 0.09mg (4.67%), Iron: 0.77mg (4.28%), Vitamin C: 3.51mg (4.25%), Vitamin B3: 0.84mg (4.2%), Copper: 0.08mg (3.77%), Potassium: 114.23mg (3.26%), Zinc: 0.48mg (3.17%), Vitamin B2: 0.05mg (2.92%), Folate: 10.7µg (2.68%), Vitamin B5: 0.15mg (1.47%), Vitamin K: 1.07µg (1.02%)