



Zucchini Muffins with Cinnamon-Crumb Topping

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon agave nectar (or other liquid sweetener)
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 teaspoon cinnamon
- 0.5 tablespoon little demerara sugar
- 1.5 teaspoons ener-g egg replacer
- 0.5 tablespoon flour

- 1 teaspoon juice of lemon
- 1 tablespoon lemon zest
- 1 teaspoon butter
- 0.3 teaspoon nutmeg
- 0.3 cup raisins
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.3 cup walnut pieces chopped
- 2 tablespoons water
- 2 cups flour whole wheat white
- 1.3 cup zucchini shredded packed

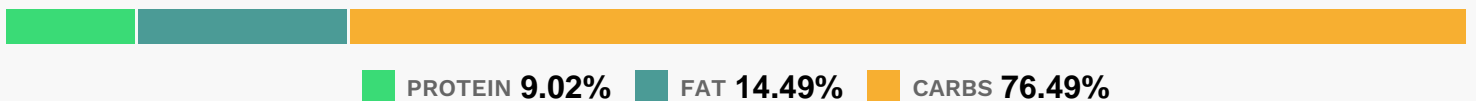
Equipment

- oven
- toothpicks
- muffin liners

Directions

- Add the remaining wet ingredients and stir to combine.
- Add the wet ingredients to the dry and stir just until combined. Do not over-stir. Batter will be very heavy. Spoon into muffin cups, dividing batter equally among the cups.
- Combine the topping ingredients with a fork until crumbly, and sprinkle the center of each muffin with a little topping, if desired.
- Bake until a toothpick comes out clean, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:35.07, Glycemic Load:7.72, Inflammation Score:-1, Nutrition Score:2.3760869960584%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 2.37g (3.65%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 25.57g (9.3%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 216.93mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Fiber: 2.6g (10.38%), Calcium: 67.77mg (6.78%), Manganese: 0.13mg (6.28%), Vitamin C: 3.61mg (4.38%), Iron: 0.77mg (4.28%), Phosphorus: 30.88mg (3.09%), Copper: 0.06mg (2.88%), Potassium: 93.97mg (2.68%), Vitamin B6: 0.05mg (2.26%), Magnesium: 7.6mg (1.9%), Folate: 6.86µg (1.72%), Vitamin B2: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.51%)