



Zucchini Raisin Muffins



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

- ☐ 0.5 cup sugar white
- ☐ 1 cup zucchini grated

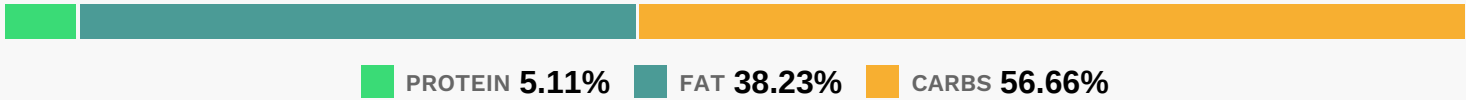
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line muffin cups with paper liners.
- ☐ Mix flour, salt, nutmeg, baking soda, and baking powder in a mixing bowl.
- ☐ Beat egg, sugar, and vegetable oil together in a large bowl. Fold zucchini and raisins into egg mixture until evenly mixed. Stir flour mixture into the wet mixture to make a batter. Divide batter into 12 muffin cups to about 2/3 full.
- ☐ Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:31.74, Glycemic Load:11.47, Inflammation Score:-1, Nutrition Score:2.58999998414%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 117.59kcal (5.88%), Fat: 5.11g (7.85%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.5g (6%), Sugar: 8.62g (9.58%), Cholesterol: 15.5mg (5.17%), Sodium: 87.92mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin K: 8.83µg (8.41%), Selenium: 4.02µg (5.74%), Vitamin B1: 0.07mg (4.74%), Folate: 18.86µg (4.71%), Vitamin B2: 0.07mg (4.38%), Manganese: 0.08mg (4.12%), Iron: 0.57mg (3.15%), Vitamin E: 0.43mg (2.88%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 24.79mg (2.48%), Vitamin C:

2.01mg (2.44%), Fiber: 0.53g (2.11%), Potassium: 66.34mg (1.9%), Vitamin B6: 0.03mg (1.66%), Copper: 0.03mg (1.5%), Magnesium: 5.09mg (1.27%), Vitamin B5: 0.12mg (1.21%), Calcium: 11.09mg (1.11%)