



## Zucchini Yogurt Multigrain Muffins

 Vegetarian

READY IN



55 min.

SERVINGS



24

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup carrots shredded
- 3 eggs
- 1.5 cups flour all-purpose
- 2.5 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg
- 0.8 cup honey

- 0.8 cup oat flour
- 1 cup yogurt plain
- 1 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil
- 1 cup sugar white
- 0.8 cup flour whole wheat
- 1 cup zucchini shredded

## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease 24 muffin cups.
- In a bowl, sift together the all-purpose flour, whole wheat flour, oat flour, salt, baking powder, baking soda, cinnamon, and nutmeg. In a separate bowl, beat together eggs, vegetable oil, applesauce, yogurt, sugar, honey, and vanilla.
- Mix the flour mixture into the egg mixture. Fold in the zucchini, carrots, pecans, and raisins. Scoop into the prepared muffin cups.
- Bake 18 to 20 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before transferring to wire racks to cool completely.

## Nutrition Facts



PROTEIN 7.95%  FAT 13.71%  CARBS 78.34%

## Properties

Glycemic Index:18.55, Glycemic Load:15.01, Inflammation Score:-6, Nutrition Score:5.3291304500207%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 149.62kcal (7.48%), Fat: 2.35g (3.61%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 28.93g (10.52%), Sugar: 18.49g (20.54%), Cholesterol: 21.79mg (7.26%), Sodium: 178.37mg (7.76%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 3.06g (6.12%), Manganese: 0.42mg (21.17%), Vitamin A: 943.57IU (18.87%), Selenium: 8.33µg (11.9%), Vitamin B1: 0.12mg (7.91%), Phosphorus: 67.72mg (6.77%), Vitamin B2: 0.1mg (6.15%), Folate: 23.09µg (5.77%), Fiber: 1.25g (5%), Iron: 0.88mg (4.9%), Magnesium: 16.33mg (4.08%), Vitamin B3: 0.81mg (4.06%), Calcium: 35.47mg (3.55%), Zinc: 0.46mg (3.09%), Copper: 0.06mg (3%), Potassium: 100.8mg (2.88%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 2.94µg (2.8%), Vitamin B5: 0.22mg (2.24%), Vitamin C: 1.4mg (1.7%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.09µg (1.45%)