



Zucchini Yogurt Multigrain Muffins

 Vegetarian  Popular

READY IN



55 min.

SERVINGS



24

CALORIES



174 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
- 0.5 cup pecans chopped
- 1 cup yogurt plain
- 0.5 cup raisins
- 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 7.4% ■ FAT 19.9% ■ CARBS 72.7%

Properties

Glycemic Index:21.42, Glycemic Load:16.29, Inflammation Score:-6, Nutrition Score:6.0717391579047%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 174.25kcal (8.71%), Fat: 4g (6.15%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 31.19g (11.34%), Sugar: 18.58g (20.64%), Cholesterol: 21.79mg (7.26%), Sodium: 179.21mg (7.79%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.35g (6.69%), Manganese: 0.53mg (26.68%), Vitamin A: 944.85IU (18.9%), Selenium: 8.43µg (12.05%), Vitamin B1: 0.14mg (9.13%), Phosphorus: 76.28mg (7.63%), Fiber: 1.67g (6.69%), Vitamin B2: 0.11mg (6.65%), Folate: 23.68µg (5.92%), Iron: 1.02mg (5.65%), Magnesium: 19.98mg (5%), Copper: 0.1mg (4.82%), Vitamin B3: 0.87mg (4.36%), Potassium: 135.04mg (3.86%), Zinc: 0.57mg (3.81%), Calcium: 37.9mg (3.79%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.02µg (2.87%), Vitamin B5: 0.24mg (2.45%), Vitamin C: 1.59mg (1.93%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.09µg (1.45%)