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Carrot Nut Muffin ♦

A delicious muffin made with carrots and nuts. It is perfect for breakfast or as a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Carrots
250 g	flour
150 g	sugar
2 pieces	Eggs
120 ml	vegetable oil
2 tsp	baking powder

1 tsp cinnamon

100 g Nuts

Directions

Step 1

Preheating

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Grate the carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix the flour, sugar, baking powder, and cinnamon.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the grated carrots, eggs, vegetable oil, and nuts to the bowl. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Pour the batter into muffin cups.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 25 minutes.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Cooling

Let the muffins cool before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Events

Christmas

Picnic

Meal Type

Breakfast

Brunch

Lunch

Snack

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Breads

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Easter

Cost

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Difficulty Level

Medium

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