



Healthdor

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Carrot Raisin Muffin ^{••}

A delicious and healthy muffin made with carrots and raisins. Perfect for breakfast or a snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 300 grams

Number of Servings: 12

Serving Size: 25 g

Ingredients

200 g	Carrots
100 g	Raisins
250 g	flour
150 g	sugar
2 tsp	baking powder
1 tsp	salt

1 tsp	cinnamon
4 tbsp	vegetable oil
2 units	eggs
1 tsp	vanilla extract
240 ml	milk

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Grate the carrots and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Whisking

In a separate bowl, whisk together the vegetable oil, eggs, vanilla extract, and milk.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Add the grated carrots and raisins to the wet ingredients and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Spoon

Spoon the batter into a greased muffin tin, filling each cup about 3/4 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Prep Time: 0 mins

Cook Time: 25 mins

Step 9

Cooling

Allow the muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 180 kcal

Fat: 5 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	4 mg	0.12%	0.15%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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