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Yam Muffins ♦♦

Yam muffins are a delicious and nutritious baked treat made with fresh yams. They are a great option for vegetarians and can also be made vegan by substituting dairy ingredients with plant-based alternatives. These muffins are perfect for breakfast or as a snack, and they can be enjoyed by the whole family. The yams add a natural sweetness and moist texture to the muffins, making them a healthy and satisfying choice.

Recipe Type: Vegetarian

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

250 g	Yam
200 g	all-purpose flour
2 tsp	baking powder
1 tsp	cinnamon

0.5 tsp	nutmeg
0.5 tsp	salt
2 units	eggs
4 tbsp	vegetable oil
200 ml	milk
100 g	brown sugar
1 tsp	vanilla extract

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Peel and grate the yam.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large mixing bowl, combine the grated yam, all-purpose flour, baking powder, cinnamon, nutmeg, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Whisking

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Spoon the batter into greased muffin tins, filling each about two-thirds full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven 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 8

Cooling

Remove from the oven and let cool in the muffin tins for 5 minutes, then transfer to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 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	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Meal Type

Breakfast Snack Brunch Lunch Dinner

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Difficulty Level

Medium

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