

Eat Smart • Move More

Muffins de Zanahoria y Piña

Tiempo de Preparación: 10 minutos

Tiempo Total: 25 minutos



Ingredientes

Aerosol antiadherente para cocinar
1 taza de zanahorias, en tiras
¾ taza de piña triturada enlatada en su jugo
1/3 taza de azúcar
1/3 taza de puré de manzana sin azúcar
2 huevos
1 ½ taza de harina integral
½ cucharadita de bicarbonato de sodio
½ cucharadita de sal
½ cucharadita de nuez moscada molida

Nutrition Facts

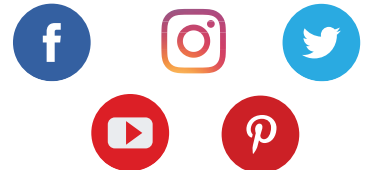
12 servings per container		
Serving size		1 serving
		(62.02g)
Amount per serving		
Calories		100
% Daily Value*		
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	170mg	7%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	7%
Total Sugars	8g	
Includes 6g of Added Sugars		12%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	16mg	0%
Iron	1mg	4%
Potassium	124mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Para un sabor ligeramente diferente, intente reemplazar la nuez moscada con canela.
- ▶ 1 zanahoria es igual a una taza de zanahoria en tiras, aproximadamente.
- ▶ ¡Puede congelar este platillo hasta por 6 meses para tener sobras disponibles en forma rápida y sencilla!

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Preparación

- Calentar el horno a 425°F. Rociar un molde de muffins con aerosol antiadherente para cocinar.
- En un bol para mezclar, combinar las zanahorias, la piña, el azúcar, el puré de manzana y los huevos.
- En otro bol para mezclar, mezclar la harina, el bicarbonato de sodio y la nuez moscada.
- Combinar los ingredientes húmedos con los ingredientes secos y colocar la mezcla en un molde para muffins.
- Hornear durante 13-17 minutos o hasta que, al insertar un escarbadiantes en el centro, salga limpio. Enfriar 5 minutos.

(Receta adaptada de: <http://www.geniuskitchen.com>)

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