

Nutrient Analysis: Zucchini and Pumpkin Muffins

Ingredient Macronutrient Breakdown

1/3 Cup Canola Oil

- Calories: 629
- Carbohydrates: 0g
- Protein: 0g
- Fat: 71g

1/2 Cup Sugar

- Calories: 387
- Carbohydrates: 100g
- Protein: 0g
- Fat: 0g

1 Large Egg

- Calories: 72
- Carbohydrates: 0.6g
- Protein: 6.3g
- Fat: 4.8g

1/2 Cup Greek Yogurt (plain, non-fat)

- Calories: 68
- Carbohydrates: 5.3g
- Protein: 11.5g
- Fat: 0.4g

1 1/2 tsp. Vanilla Extract

- Calories: 18
- Carbohydrates: 0.9g
- Protein: 0g
- Fat: 0g

1 1/2 Cup Flour (all-purpose)

- Calories: 684

- Carbohydrates: 143g
- Protein: 20g
- Fat: 2g

1 tsp. Baking Powder

- Calories: 2
- Carbohydrates: 0.9g
- Protein: 0g
- Fat: 0g

1/2 tsp. Baking Soda

- Calories: 0
- Carbohydrates: 0g
- Protein: 0g
- Fat: 0g

1/2 tsp. Salt

- Calories: 0
- Carbohydrates: 0g
- Protein: 0g
- Fat: 0g

2 tsp. Ground Cinnamon

- Calories: 12
- Carbohydrates: 2.8g
- Protein: 0.2g
- Fat: 0.1g

1 Cup Shredded Zucchini

- Calories: 19
- Carbohydrates: 3.5g
- Protein: 1.4g
- Fat: 0.4g

3/4 Cup Chocolate Chips (semi-sweet)

- Calories: 604

- Carbohydrates: 72g
- Protein: 4.5g
- Fat: 36g

1/2 15oz Can Pumpkin (puree)

- Calories: 83
- Carbohydrates: 20g
- Protein: 2g
- Fat: 0.5g

Total Breakdown for the Recipe:

- Calories: 2578
- Carbohydrates: 349g
- Protein: 46.9g
- Fat: 115.2g

Makes 20 servings so per one muffin:

129 calories per muffin

17g carbohydrates per muffin

2g protein per muffin

6g fat per muffin

Micronutrient breakdown:

Summary of Key Micronutrients for the Recipe:

- Vitamin C: 1.15mg
- Vitamin E: 1.16mg
- Vitamin B2 (Riboflavin): 0.028mg
- Calcium: 10.6mg
- Iron: 0.665mg
- Phosphorus: 15.4mg
- Potassium: 66.05mg
- Magnesium: 5.25mg
- Sodium: 89.45mg