

## Recipe Analyzer Results

**A single serving of morning rush muffins has 118 calories.**

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

### Nutrition Facts

Servings: 13

Amount per serving

**Calories** **118**

% Daily Value\*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>2%</b>
<b>Cholesterol</b> 29mg	<b>10%</b>
<b>Sodium</b> 62mg	<b>3%</b>
<b>Total Carbohydrate</b> 18.6g	<b>7%</b>
Dietary Fiber 1.4g	<b>5%</b>
Total Sugars 4.7g	
<b>Protein</b> 4.1g	
Vitamin D 3mcg	13%
Calcium 39mg	3%
Iron 2mg	9%
Potassium 116mg	2%

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

Recipe analyzed by **verywell**

### Ingredients:

- 1 flour
- 1 semolina
- 1 brown sugar
- 1 cinnamon
- 1 baking powder
- 1 salt
- 1 egg
- 1 Grape seed oil
- 1 apple puree
- 1 vanilla extract
- 1 orange juice
- 1 shredded carrot
- 1 flax seeds
- 1 orange zest
- 1 hemp seed