



4 Ingredient Pumpkin Muffins

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2 tsp double-acting baking powder
- ☐ 1.5 cup pumpkin ice cream packed canned (you can also use vanilla ice cream, but if you do, make sure to add 1 tsp of cinnamon to the batter)
- ☐ 0.5 cup pumpkin puree
- ☐ 0.3 cup sugar (this is optional. I like my muffins a little sweeter so I added this sugar)

Equipment

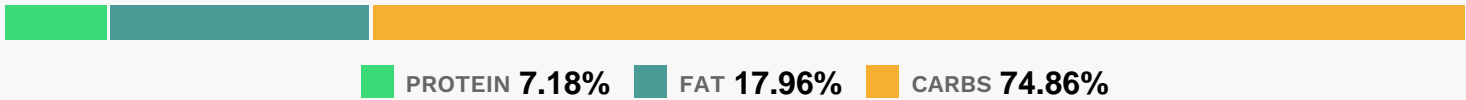
- ☐ oven

- ☐ mixing bowl
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Melt ice cream in microwave and pour into a large mixing bowl.
- ☐ Add in flour, baking powder, sugar and pumpkin puree. If using vanilla ice cream, make sure to add cinnamon at this point also. Stir with mixing spoon until batter is smooth.
- ☐ Pour into muffin pan lined with cupcake liners, about 2/3 full for each one.
- ☐ Bake for about 15 minutes until toothpick inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:12.13, Inflammation Score:-8, Nutrition Score:4.1843478070653%

Nutrients (% of daily need)

Calories: 97.34kcal (4.87%), Fat: 1.96g (3.02%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.72g (6.44%), Sugar: 9.41g (10.45%), Cholesterol: 7.26mg (2.42%), Sodium: 95.24mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin A: 1658.19IU (33.16%), Calcium: 70.44mg (7.04%), Vitamin B1: 0.09mg (6.07%), Vitamin B2: 0.1mg (5.74%), Selenium: 3.9µg (5.58%), Folate: 21.11µg (5.28%), Phosphorus: 48.95mg (4.89%), Manganese: 0.09mg (4.39%), Iron: 0.73mg (4.04%), Vitamin B3: 0.67mg (3.36%), Fiber: 0.69g (2.78%), Potassium: 65.27mg (1.86%), Vitamin B5: 0.18mg (1.82%), Magnesium: 7.16mg (1.79%), Vitamin K: 1.71µg (1.63%), Copper: 0.03mg (1.51%), Zinc: 0.2mg (1.37%), Vitamin E: 0.16mg (1.09%), Vitamin B12: 0.06µg (1.07%)