



Addictive Pumpkin Muffins



Vegetarian



Dairy Free



Popular

READY IN



60 min.

SERVINGS



36

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 29 ounce pumpkin canned
- ☐ 1.5 teaspoons cinnamon
- ☐ 6 eggs
- ☐ 4.8 cups flour all-purpose
- ☐ 1.5 teaspoons ground cloves
- ☐ 1.5 teaspoons nutmeg

- ☐ 1.5 cups raisins
- ☐ 1.5 teaspoons salt
- ☐ 1 cup apple sauce unsweetened
- ☐ 1 cup walnuts chopped
- ☐ 4 cups sugar white

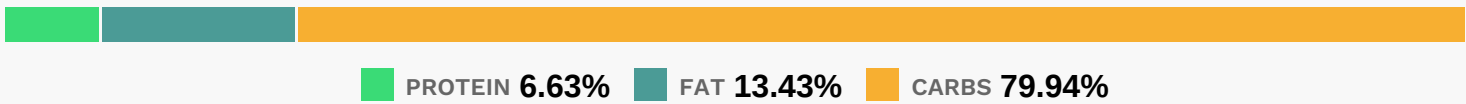
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat oven to 350 degrees F (175 C). Grease three 12 cup muffin pans, or line with paper muffin liners. Soak raisins in hot water for ten minutes to plump, then drain.
- ☐ In a large bowl, combine the flour, sugar, baking powder, baking soda, salt, nutmeg, cinnamon, and ground cloves. In a separate bowl, mix the eggs, pumpkin, and applesauce, until smooth.
- ☐ Add this mixture to the dry ingredients and stir thoroughly to make a smooth batter. Stir the raisins and walnuts into the batter. Spoon batter into the prepared muffin cups.
- ☐ Bake for 30 to 35 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:27.27, Inflammation Score:-9, Nutrition Score:8.4786958331647%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 206.79kcal (10.34%), Fat: 3.19g (4.91%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 40.88g (14.87%), Sugar: 23.75g (26.39%), Cholesterol: 27.28mg (9.09%), Sodium: 174.41mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin A: 3596.82IU (71.94%), Manganese: 0.35mg (17.28%), Selenium: 8.29µg (11.85%), Vitamin B1: 0.16mg (10.53%), Folate: 40.03µg (10.01%), Vitamin B2: 0.15mg (8.81%), Iron: 1.53mg (8.49%), Fiber: 1.9g (7.6%), Copper: 0.13mg (6.42%), Phosphorus: 60.41mg (6.04%), Vitamin B3: 1.18mg (5.88%), Magnesium: 17.38mg (4.34%), Potassium: 146mg (4.17%), Vitamin K: 3.99µg (3.8%), Vitamin B6: 0.06mg (3.19%), Vitamin B5: 0.3mg (3.01%), Calcium: 29.26mg (2.93%), Vitamin E: 0.37mg (2.48%), Zinc: 0.37mg (2.47%), Vitamin C: 1.4mg (1.7%), Vitamin B12: 0.07µg (1.09%)