



Apple Pumpkin Muffins

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups apples peeled chopped
- 1 teaspoon baking soda
- 3 tablespoons butter softened
- 1 cup pumpkin canned
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 tablespoon pumpkin pie spice
- 0.5 cup sugar raw

- 0.5 teaspoon salt
- 1 cup unbleached flour all-purpose
- 0.5 cup vegetable oil
- 0.3 cup flour whole wheat

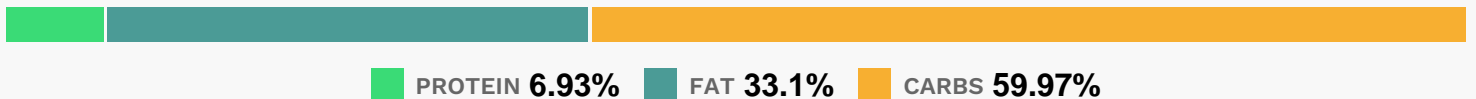
Equipment

- bowl
- oven
- toothpicks
- muffin liners

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups, or line with paper muffin liners.
- Combine 1 1/2 cups whole wheat flour, all-purpose flour, 1 1/2 cups raw sugar, pumpkin pie spice, baking soda, and salt in a large bowl.
- Mix eggs, pumpkin, and oil in a small bowl. Stir egg mixture into flour mixture until just moistened; fold in apples. Fill prepared muffin cups 2/3 full.
- Combine butter, 1/2 cup raw sugar, 1/4 cup whole wheat flour, and cinnamon in a small bowl; sprinkle over muffin batter.
- Bake in preheated oven until golden and a toothpick inserted in the middle comes out clean, 18 to 22 minutes. Cool for 5 minutes before removing from muffin cups to wire racks.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:3.6999999932621%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 75.6kcal (3.78%), Fat: 2.84g (4.37%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 10.66g (3.88%), Sugar: 5.61g (6.23%), Cholesterol: 17.4mg (5.8%), Sodium: 111.51mg (4.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin A: 1658.89IU (33.18%), Manganese: 0.16mg (8.12%), Selenium: 3.75µg (5.35%), Vitamin K: 3.8µg (3.62%), Fiber: 0.9g (3.61%), Vitamin B1: 0.05mg (3.55%), Folate: 13.46µg (3.36%), Iron: 0.58mg (3.21%), Vitamin B2: 0.05mg (3.16%), Phosphorus: 22.88mg (2.29%), Vitamin B3: 0.43mg (2.13%), Vitamin E: 0.3mg (1.99%), Magnesium: 6.68mg (1.67%), Copper: 0.03mg (1.55%), Potassium: 51mg (1.46%), Vitamin B5: 0.14mg (1.36%), Vitamin B6: 0.02mg (1.24%), Vitamin C: 0.97mg (1.18%)